PERSONAL HELP for THE MARRIED

Morning and Evening of Life—Pleasant Memories, Joyful Anticipations

PERSONAL HELP *for* THE MARRIED

A Volume of Vital Facts for All Married and Marriageable Men and Women, Who Would Escape the Disastrous Consequences of Ignorance of the Laws of Sex and Heredity. Together With Counsel, Advice, Help and Instruction of Serious Importance to the Millions Who Have Suffered Pain, Remorse and Agony Due to Mistakes Which May Yet Be Corrected

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By

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and

DR. W. J. TRUITT

Other Titles of the Personal Help Series: "Personal Help for Parents," "Personal Help for Men," "Personal Help for Young Women," "Personal Help for Boys" and "Personal Help for Girls"

Any Volume of the Series, Bound in Cloth, $1.50

THE S. A. MULLIKIN COMPANY, *Publishers*
MARIETTA, OHIO

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THE S. A. MULLIKIN CO., PUBLISHERS, MARIETTA, OHIO

INTRODUCTORY

"In the heart of every human being there is an innate desire to live true and win success," says B. S. Steadwell, a noted authority on social problems. But he adds with emphasis: "We find misery where there ought to be happiness, darkness where there ought to be light, ignorance where there ought to be knowledge, vice where there ought to be virtue, and strife where there ought to be peace." Alarm is spreading among earnest workers in the cause of social uplift everywhere at the growing volume of human wreckage, and the question constantly arises as to how long humanity can keep up the present pace and survive.

Recent years have been rich in scientific discoveries in facts relating to the sexes. The result of ignorance in the married relation as well as the unmarried, are so vividly set forth that thoughtful people everywhere are startled into activity and are seeking a happier lot, as best they can, so far as obtainable knowledge can do it. We have learned as sociologists and penologists that ignorance is the

mother of superstition, of vice, of crime, of disease, and of every species of impurity. Says Bishop Fallows: "Our jails, penitentiaries, reformatories, insane asylums, and institutions for the feeble minded are filled with inmates who began their course thither, because of dense ignorance of the laws of physical organisms, and untold wretchedness and misery have been entailed upon countless thousands of human beings from the same cause."

The purpose of this volume is to let in light where darkness has been; to displace vice with virtue, and strife with peace; and to create happiness where misery may otherwise dwell. The vast array of facts contained in this and companion volumes has been gathered from the most reliable sources, representing the ripest views of men and women recognized as authorities in physiology, sociology and education. These vital facts have been systematized and arranged in their proper order for the benefit of thoughtful, matured people that desire to escape the disastrous results of ignorance of God's laws of sex and heredity.

A more important set of books has probably never appeared in print than "The Personal

Help Series," of which this is Volume One. This volume is prepared especially for matured people who are married or contemplating marriage. It is full of vital facts designed to prevent shipwreck in the married relations, and contains timely counsel, instruction, and help for all matured people.

Volume Two of the "Personal Help Series" is designed to arouse in parents a sense of the responsibility they have voluntarily assumed, and to furnish a specific and comprehensive guide to instruction of children in the delicate matters of sex, and assist parents in safeguarding their morals, and build up in them while young a character that will withstand the temptations of later life, under which thousands of young people are breaking down. Volumes Three and Four are filled with vital facts for all men and all women. Volumes Five and Six contain just what boys and girls, respectively, under fifteen years of age should know and no more. These volumes placed in the hands of children at proper ages will supplement the instruction they receive from parents.

"Of all sad words of tongue or pen,
The saddest are these, 'It might have been.'"

The pain, the remorse, the agony that comes to thousands of men and women, undone through mistakes due to ignorance, should in most cases be prevented. The spirit in which the "Personal Help Series" is offered to the millions, is the spirit of helpfulness. And we take pleasure in sending forth this volume on its mission in the hope that all men and all women may avail themselves of the help found in its pages; and that the habits of life of the coming generations may be improved through its counsel, and that greater peace and happiness will result.

THE PUBLISHER.

Marietta, Ohio,
December 20, 1917.

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For Better or for Worse

Where Is That Recipe?

Personal Help for the Married

CHAPTER I

INTRODUCTORY

Importance of Marriage Marriage is the source of the purest joys and pleasures of life; but, also, of its deepest cares. The joys of the wedding morn are followed by days of anxious responsibilities. But if the marriage relation is entered intelligently, and lived considerately, each striving to bear the burdens while increasing the happiness of the other, then will the pleasing expectations of marriage be realized.

Motive for Marriage There is but one motive that sanctifies the relation of marriage—*love*. No social convention can alter this truth, based on the best experiences of life. Love will ever remain essential to a normal, happy and productive home. The emotion of love is awakened to conscious

activity through acquaintance and friendship, it becomes a joyful reality in courtship and is perpetuated through life, because of a chaste, pure, unselfish sex preference of one man for one woman and that one woman for that one man. If for any reason this sex preference is ever broken, the bonds of love between husband and wife will be weakened, if not severed for all time. Other causes of domestic inharmony can be adjusted so long as sex preference, or love, binds the two as one. Under the guidance of unselfish sex selection, few mistakes would ever be made in the choice of a companion.

Tests of True Love A man and woman bound by pure love for each other may live in a shack or a cottage, they may have to toil late and hard to support a family of growing children, but they and the children will be happy, probably healthy and strong, and bound together by mutual love. They will remain true to each other through adversity, sickness and death.

Mismated If husband and wife are not bound to each other by a natural sex preference, or love, though they may hold in their possession broad acres, railroad bonds or

heavy deposits in the bank, live in a mansion and move in the elite circles of society, they will not love each other or their children, or be able to build a *real* home.

Other Incentives for Marriage

It is quite customary in some grades of society to choose a life companion for social or financial advantage. Such unions are not natural. They are cold business transactions. A man prompted by such motives sees in a woman the qualities of a good housekeeper, a social queen, or that union with her will bring financial gain. A woman influenced by selfish motives sees in marriage with a man opportunities for social prestige, or a life of luxury and ease. Instead of their lives blending as one, they drift apart. Soon he spends his days in his daily vocation and his evenings in lodges. She finds her only pleasure in following the latest fashions and devoting her time to various social functions. Both have their secrets but manage to avoid public disgrace.

The Unfortunate Child

Should a child be born into such an unnatural home, it would receive an unfortunate heredity and a still more unfortunate environment. The initial of its life was accidental; its prenatal rights were

not regarded, its advent was not welcomed; it is now turned over to a nurse. Such a child is more unfortunate than an orphan. In no true sense has it a father or mother. When visitors are about, or when the family is making a public display, such a child may be petted and pampered by its parents and lavishly supplied with clothes and toys. Its egotism will thus be stimulated and its propensities gratified, yet it will be placed at a decided disadvantage in life. Compared with such a child, the ragged street urchin is to be congratulated.

An Unnatural State

When the natural, God-designed and God-honored sex instinct is perverted and base desire supplants love in the choice of a companion, the home instinct is degraded, love dethroned and inharmony will certainly follow. The romance of courtship and the honeymoon is transitory. There is a certain amount of glamour, mystery, novelty, romance, and poetry connected with courtship and the honeymoon that, while perhaps natural at the time, in the very nature of the case, can not be permanent. The plain, practical, everyday experiences of

life must become prominent in every successful home. The fairyland of flowery visions, rippling streams of sentiment, poetic fancies of bliss, and the lunar and stellar raptures of love must yield, after a period of such experiences, to mundane realities wherein these beautiful dreams terminate, air castles are destroyed and life once more becomes real.

Ideals—False and True

When the end of this romantic period comes to the young wife, whose vision of marriage was received from sensational novels, fashion journals, the theater and gay social gatherings, and to the young husband, kid-gloved, well-starched and much-cravatted, it will be unexpected and very disastrous to their imaginary love. Cruel and prudish are they who are responsible for creating artificial social ideals in the minds of youth. But when the termination of romance comes to the young husband and wife whose courtship and marriage have been true to nature, it will be supplanted by the dawning consciousness of life's real mission in marriage and they will discover that the truest, sweetest and most enduring pleasures and joys of life have only begun.

The First Born

Fortunate and happy is the young couple that before the romance of marriage is over becomes aware that preparations must be made for entrance of a little stranger into their home. If the faint prophecies of the approaching advent of their first-born thrill their lives with hopeful and joyful anticipations, marriage will have a deeper significance, the bonds of love and dependence will become stronger and the pleasures of life more real. The supremest moment of marriage comes when the young husband that for the first time in the birth chamber stands by his wife's side holding her hands in his, stoops and kisses her lips, cheeks and brow, as she bravely and beautifully endures the throes of parturition. Such an experience is enough to transform a brute into a man. When the first-born is placed to the young mother's breast, a deep, profound, but quiet happiness knows no bounds in two hearts that beat as one. A cooing babe is nature's own sequel to the honeymoon.

CHAPTER II

WHAT EVERYBODY SHOULD KNOW

The Basic Incentive for Marriage

While love is the motive that sanctifies the marriage relation, marriage itself rests on a deeper foundation. Marriage is the union of a man with a woman, who associate themselves in order to *perpetuate the species,* to aid each other by mutual assistance, to support the changes of life and to endure the same fate. The true end of marriage is to establish a home. A complete home embraces a father and mother and children, bound to each other by the tender ties of love.

Not Complete Until Marriage

A man first becomes a man and a woman a woman in marriage. Only when united by that mysterious rite does each find nature satisfied, and all the faculties and functions meetly exercised. By such union those powers which are directed without the individual, those strong sentiments which are the reverse of the selfish and

introverted portions of our constitution, are called into action. The husband and father no longer labors for himself alone, no longer even principally for himself. There are others who, he feels, have claims upon his time, his thoughts, his possessions, more imperative even than himself. He first provides for these, and for their sakes willingly and often undergoes deprivations and self-denials.

Home and Virtue

Just in proportion as love is pure, marriage honored, and the bed undefiled, will all the other Christian virtues be admired and praised. No more ominous sign of decay and deep corruption in a nation can be seen than when there is a widespread aversion to marriage, an oft-repeated sneer at the happiness it brings, a current doubt as to the fidelity of those who are united in the bonds of matrimony.

Looking Forward to Marriage

Most young persons of both sexes look forward to marriage as a desirable condition, and when they have entered it, they accept cheerfully its burdens, observe honorably its injunctions, and are far happier than if they had remained single.

Physical Fitness for Marriage

Remember, marriage is for the purpose of offspring. The law, moral and physical, must condemn any marriage in which this purpose is not at all, or only imperfectly, carried out. Hence, *virility* is a necessary requirement to marriage.

Don't Marry too Young

Marriage works sure and fatal injury on the constitution of boys or very young men. Their lives are shortened, their health enfeebled, their mental powers frequently impaired. The best age for a young man to marry is from twenty-three to thirty-five years. The woman, from twenty-three to thirty. Too early marriage is especially bad for women. On the other hand, too late marriage is not good. The soft parts are liable to become rigid and less capable of yielding in childbirth.

Hereditary Taints

Many families have hereditary taints. It is probable, at least possible, that a predisposition to consumption, scrofula, insanity, and the like, may be passed down to the offspring. It is quite certain that these diseases will be inherited by the children should both husband and wife have such tendencies.

Late Marriages a Cause of Disease

Elderly men should not marry. Remember that *virility* is essential to produce healthy, vigorous offspring. Except in rare cases, old men have lost much of their virility. One noted writer claims that the cause of the increasing number of diseases and weaknesses of our generation is the growing tendency to postpone marriage until time or indulgence has diminished the forces and disposed the system to succumb readily to any unusual drain upon its resources.

Malformations

Malformations should, in some cases, preclude the idea of marriage. But such cases are not numerous. A careful investigation by an intelligent physician may settle all doubtful cases.

Relative Ages of Husband and Wife

It seems to be the sentiment, all but universal, that the husband should be the older, say from five to ten years. One writer says: "I think there should always be an interval of about ten years between a man of mature age and his wife. Women age much more rapidly than men, and as the peculiar functions of matrimony should cease in both parties about the

same time, such interval as this is evidently desirable."

Prof. Fowler's Statement

"Up to twenty-two, those who propose marriage should be about the same age; yet a difference of even fifteen years, after the youngest is twenty-five, need not prevent a marriage, when everything else is favorable. But a man of forty-five may marry a woman of twenty-six or upward much more safely than one of thirty may marry a girl below twenty, for her natural coyness requires more delicate treatment than his abruptness is likely to bestow. He is apt to err fundamentally by precipitancy, presupposing that her mental sexuality is as mature as his own. Though a man upward of forty must not marry one below twenty-two, yet a man of fifty may venture to marry a woman of twenty-five, if he is hale and descended from a long-lived ancestry. Still, no girl under twenty should ever marry any man over twenty-six.

Ill-Mated in Years

"The love of an elderly man for a girl is more parental than conjugal; while hers for him is like that of a daughter for a father, rather than wife for husband. He loves her as a pet, and therefore as his inferior, instead of as a woman; and is com-

pelled to look down upon her, as inexperienced, below him in judgment, too often impulsive and unwise; which obliges him to make too many allowances to be compatible with a genuine union. And she is compelled to look upon him more as one to be reverenced, perhaps feared, and as more good and wise than companionable. Their ideas and feelings must necessarily be dissimilar. He may indeed pet, flatter and indulge her as he would a grown daughter, and appreciate her artless innocence and girlish light-heartedness, yet all this is not genuine masculine and feminine love; nor can she exert over him the influence every man requires from his wife."

Taste and Temperament

Great care should be taken in the choice of a partner for life. Accomplishments, social position, health and beauty should all be considered. But more than that, *identity of taste and diversity of temperament* between husband and wife outweigh all other considerations.

Marriages are happiest and most productive of bright and healthy offspring where husband and wife differ in both body and mind. And yet the diversity in all matters of temperament should not be too great. A

man of warm, loving disposition should not marry a woman that coldly repulses his efforts at love-making. And the reverse is also true; a woman of warm and ardent disposition craves the responsive affections of a husband.

DON'TS IN SELECTING A LIFE COMPANION

Don't sell yourself for money or position.

Don't throw yourself away; remember marriage is not for a day.

Don't fail to seek the advice of your parents.

Don't marry to please a third party.

Don't marry to spite anyone.

Don't marry because someone else is seeking the same person.

Don't marry to get rid of anyone.

Don't marry merely from the impulse of love.

Don't marry without love.

Don't marry simply because you have promised to do so.

Don't fail to test thoroughly effects of separation.

Don't fail to consider the effects of heredity on your children.

Don't fail to test thoroughly protracted association.

Don't marry suddenly.

Don't marry downward.

Don't fail to consider the grade of the one you are to marry.

Study of Temperaments It is our opinion that this subject is worthy of profound consideration. It would be well for the man and woman that contemplate marriage to make a special study of this subject, and not leave it to mere chance. The race would be greatly improved if marriages could be made on scientific principles.

The writer well remembers a large family, mostly boys, that sprung from a father and mother well mated as to temperament. Perhaps there was not one of the children that was not superior to either the father or mother. At least none were inferior to the parents, and most of them were much superior to either parent.

A Question of Doubt One author makes the following statement: "Marry your conjugal mate—your personal duplicate, your approximate equal in development and your like." This statement may be correct if properly

understood, but on the face of it, it would seem to teach that a person should marry one of the same temperament. If this were followed out fully, it would be a sad day for our race. Temperaments should be *unlike* in husband and wife.

Marrying Near Relatives

One writer says: "The fear of marrying a cousin, even a first cousin, is entirely groundless, *provided there is no decided hereditary taint in the family.* And even when such a hereditary taint does exist, the danger is not greater than in marrying into any other family where it is also found. But as few families are wholly without some lurking predisposition to disease, it is not well, as a rule, to run the risk of developing this by repeated unions."

"The marriage of cousins," says the London *Lancet,* "provided both are healthy, has no tendency to produce disease in the offspring. If, however, the cousins inherit the disease, or proclivity to it, of their common ancestor, their children will have strong tendency to that disease, which might be fostered or suppressed by circumstances. There can be no question that cousins descended from an insane or highly consumptive grandparent

should not intermarry; but we can see no reason for supposing that either insanity or consumption would result from the intermarriage of healthy cousins."

Taint of Insanity Life insurance companies are very careful to examine into the ancestry of one seeking insurance. This is "business." Should young people seeking marriage be any less businesslike? Cancer, gout, asthma, diseases of the heart, hysteria, epilepsy, paralysis and insanity may descend, and many times do descend, from the unhappy parents to the more unhappy offspring.

Many cases commonly attributed to physical or moral shocks are really instances of the breaking out of an inherited tendency that has lurked unheeded in the system until aroused by some unusual excitement. From one-third to one-half of all attacks of insanity owe their origin to hereditary causes.

A Sad Case The writer is acquainted with the children, the grandchildren and the great-grandchildren of a woman who died insane some fifty years ago. Each generation shows the taint of insanity. Not all, of course, but it is scattered along down the generations. How long it will continue no one knows. It

would be well for the world if the tainted ones would cease to marry.

Avoid Marrying a Diseased Person

We discuss the subject of venereal disease elsewhere, and will only throw out the red light of warning in this place. Before entering into the marriage relation, look well into this matter. Ladies, beware of the man tainted with any of these awful diseases. Even though you may be sure that all physical effects have passed, the moral taint is there unless the young man has repented in sackcloth and ashes and purged his conscience.

Long Engagements

The great English surgeon, Dr. Acton, on the subject of long engagements, has this to say: "All medical experience proves that for anyone, especially a young man, to enter into a long engagement without any immediate hope of fulfilling it, is, physically, an almost unmitigated evil. I have reason to know that this condition of constant excitement has often caused not only dangerously frequent and long-continued nocturnal emissions, but most painful affections of the testes. These results sometimes follow the progress of an ordinary two or three months' courtship to an alarming ex-

tent. The danger and distress may be much more serious when the marriage is postponed for years."

Duty of Fidelity

Nothing is more certain to undermine domestic felicity and sap the foundation of marital happiness than marital infidelity. The risks of disease which a married man runs in impure intercourse are far more serious, because they involve not only himself, but his wife and children. He should know that there is nothing which a woman will not forgive sooner than such a breach of confidence. He is exposed to the plots, and is pretty certain sooner or later to fall into the snares of those atrocious parties that subsist on blackmail. And should he escape these complications, he still must lose self-respect, and carry about with him the burden of a guilty conscience and a broken vow. If we have urged on the celibate the preservation of chastity, we still more emphatically call upon the married man for the observation of fidelity.

CHAPTER III

ETHICS OF MARRIAGE

The Law of Love

Love is the basis of marriage; so *should* it be of married life. Love seeks the good of the beloved object—desires to promote the dear one's happiness, and avert sorrow, care and pain. We may leave love to find out the ways and means of doing this, and need not fetter affection with formulas. It will do the right thing at the right time, fall short in nothing and never transcend its bounds.

This Is Our Ideal

Our ideal of perfect love which casteth out selfishness is that it never forgets its divine origin, is always mindful of its sacred offices, and its azure wings are never bedrabbled in the mire of earthly grossness. But lovers, wives and husbands are poor, imperfect mortals after all, and there are few married people that may not profit by some well-considered hints in regard to the minor morals of matrimonial and domestic life.

Matrimonial Fidelity The first duty which married persons owe to each other is to maintain that sacred and unalterable fidelity toward each other to which they are sworn by their bridal vows. This fidelity implies something more than the avoidance of overt acts of conjugal transgression which shock the moral sense of community and awaken public indignation. There may be folly and wrong where there is no actual violation of the law of the land. The moth may flit about the lamp flame for a time without falling into it, and a flirtation may originate in vanity or pique and end in nothing worse than a brief infatuation on one side and a few keen pangs of jealousy on the other, but the danger of more serious results is fearful.

Flirtations Beware, then, of the slightest approach to trifling with the holy bonds you have assumed. Let there be no cause for a single anxious thought, for one hour of disquiet or doubt on the part of the one you have sworn to love and cherish. That one must be first in your thoughts always. The hopes, the plans, the happiness of husband and wife are bound up together. We can not divide the most sacred sympathies of our

nature between our lawful mate and another person.

Thine own, forever thine, is the language of the true husband or wife. We may have father, mother, brothers, sisters, friends, all near and dear to us, but before all, and above all, must be the one to whom we have given the hand and heart in marriage. Poverty may benumb the soul with icy hands; misfortune may darken our pathway; sickness may lay us low; beauty may fade and strength depart, but love and constancy are but a name if they live not through all.

Mutual Confidence

Married people that would live happily together must treat each other with perfect confidence, and be strictly honest and unreserved in their intercourse. Duplicity, even in the smallest matters, must be carefully avoided. A wife must not deceive her husband, or a husband his wife, in anything. When one gets into the habit of doing anything of which he or she is ashamed to speak to the one that should be as another self, there is the beginning of a course of wrongdoing of which no one can foresee the end. With the first detected deception—and

deception seldom remains long undetected—there comes a loss of confidence, which it is almost impossible to fully restore; but with mutual unreserved honesty of purpose and complete openness, there will come a faith in each other that nothing can shake. Where such honesty, frankness and confidence exist, there can be no room for jealousy, no grounds for bitterness and strife.

Charity No one is free from faults. If courtship has not revealed them to the lovers, marriage will certainly remove the veil and show each to the other with the failings, foibles and weaknesses of our imperfect humanity. Love, like charity, may cover a multitude of sins, but it can not make us blind to the faults of character and the errors of habit which we shall inevitably discover in the beloved; but the discoveries we may make should not alienate us in any degree or cool our love; for while we see some things that we do not approve, we should bear in mind the fact that we probably have as many and as great faults as our companion, and that there will be need of constant mutual forbearance and charity.

Shall Husband and Wife Criticize?

It is a duty we owe to our friends, and especially to our best of all earthly friends—our wife or husband—to remind them, in a spirit of kindness and charity, of their faults, with a view to their correction. We must not do this in a censorious and self-righteous spirit, but considerately and tenderly, and we must not manifest impatience if the habits of years are not wholly abandoned in a week.

Agree to Disagree

When a husband and wife can not think alike on any particular subject, they can at least "agree to disagree," and not allow a slight difference of opinion to cause unkind feelings or estrangement. Be tolerant everywhere, but especially at home.

We may establish a claim on some incidental circumstance, or the bare fact of relationship, and impose burdens and accept kindness without a thought of obligation on our part.

Matrimonial Politeness

The husband should never cease to be a lover, or fail in any of those delicate attentions and tender expressions of affectionate solicitude which marked his intercourse before marriage with his heart's queen. All the respectful deference,

every courteous observance, all the self-sacrificing devotion that can be claimed by the sweetheart is certainly due to the wife, and he is no true husband and no true gentleman that habitually withholds them.

Honor, Respect and Love

It is not enough that you honor, respect and love your wife. You must put this honor, respect and love into forms of speech and action. Let no unkind word, no seeming indifference, no lack of the little attentions due her, remind her sadly of the sweet days of courtship and the honeymoon. Surely the love which you then thought would be cheaply purchased at the price of a world, is worth all your care to preserve.

Wife and Sweetheart

Is not the wife more, better and dearer than the sweetheart? It is probably your own fault if she be not. The chosen companion of your life, the mother of your children, the sharer of all your joys and sorrows, as she possesses the highest place in your affections, should have the best place everywhere, the politest attentions, the softest, kindest words, the tenderest care. Love, duty and good manners alike require it.

"Youst My Vife"

There is a story told of an old German who was engaged in the back part of his place of business when one of his clerks came and told him that there was a lady waiting to see him in his office. He had thrown off his coat and the work he was doing had soiled his hands.

Hurrying to a basin he washed his hands, threw on his coat, straightened his tie and made himself as presentable as possible before going forward to meet the lady. Returning a few minutes later, he said, with an aggrieved air, as he threw off his coat: "I put on my coat und make myself clean for noding. Dot vas youst my vife."

Now there are a good many intelligent, entirely respectable and well-meaning men that do not feel it to be incumbent upon them to observe the ordinary rules of courtesy toward women, when the woman in question is "youst my vife." And so there are wives that fall into the habit of negligence regarding their personal appearance and are indifferent to many of the ordinary little courtesies of life, when there is no one around but "just my husband."

It is an evil day in any home when the husband feels that he can be less courteous to his wife than to other women, and it is an equally evil day when the wife feels that she can put aside many of the little courtesies.

Husband and Lover

And has the wife no duties? Have the courteous observances, the tender watchfulness, the pleasant words, the never-tiring devotion which won your smiles, your spoken thanks, your kisses—your very self—in days gone by, now lost their value? Does not the husband rightly claim as much as the lover? If you find him less observant of the little courtesies due you, may not this be owing to the fact that you sometimes fail to reward him with the same sweet thanks and sweeter smiles? Ask your own heart.

Dress for His Eyes

Have the comfort and happiness of your husband always in view, and let him see and feel that you still look up to him with trust and affection, that the love of other days has not grown cold. Dress for his eyes more scrupulously than for all the rest of the world; make yourself and your home beautiful for his sake; try to beguile him from his cares; retain his affec-

tions in the same way that you won them. Be polite even to your husband.

A Sanctum of Love Let there be a place at home sacred from all ideas of toil—a sanctum of domestic love and sociability, where never intrude the cross word and sour look. With a pleasant greeting and smile welcome him as he comes from the sharp conflict with his fellows. You say, "Are we always to wear a smiling face to chase away his frown? The children have been vexatious; can we always bear it smilingly?" Know this, wives, that when assured of an habitually pleasant reception, the frown will be left at the office, put from the face, closed with the ledger. It is utterly impossible to do otherwise, for like begets like, as surely as operate nature's laws. Become to him a necessary part of himself, a wife in every respect, and he will not fail to respond.

Why Well-Disposed Wives Fail "Why is it," asked a lady, "that so many men are anxious to get rid of their wives?" "Because," was the reply, "so few women exert themselves after marriage to make their presence indispensable to the happiness of their husbands." When husband and wife have become thor-

oughly accustomed to each other—when all the little battery of charms which each plays off so skilfully before the wedding day, has been exhausted—too many seem to think that nothing remains but the clanking of the legal chains that bind them to each other.

Renew Domestic Felicity

Renew the attentions of earlier days. Draw your hearts close together. Talk the thing all over. Prayerfully, aye, prayerfully, acknowledge your faults to one another, and determine that henceforth you will be all in all to each other, and my word for it, you shall find in your relation the sweetest joy earth has for you. There is no other way for you to do. If you are not happy at home you must be happy abroad; the man or woman that has settled down upon the conviction that he or she is attached for life to an uncongenial yokefellow, and that there is no way to escape, has lost life; there is no effort too costly that can restore to its setting upon the bosom the missing pearl.

Children and Happy Wedlock

Again: children born in happy and loving wedlock will be more comely, more beautiful, more perfect. Children born in *unhappy* wedlock are less favor-

ably organized, less happily disposed, less comely and beautiful. Loving parents, loving children; quarreling parents, quarreling children. This is the rule. Therefore, for the sake of posterity, we are in duty bound to cultivate the more amiable qualities, and keep the passions in subjection. Grace comes by seeking.

Health and Household Pleasures

Strive to preserve health, if you would have sunshine in your home. Nervous irritability and the state of being ill at ease—these and many other forms of ill-health may be avoided, as a general rule, by those who endeavor to preserve their health as a sacred duty. If most people have but little health, it is because they transgress the laws of nature, alternately stimulating and depressing themselves. For our own sake and for the sake of others that we trouble by irritability, we are bound to obey these laws pertaining to fresh air, exercise, moderate work, conquest of appetite.

Unpleasant Words at Meal-Time

The very worst time for a husband and wife to have unpleasant words is dinner-time. He that bores us at dinner robs us of pleasure and injures our health, a fact which the alderman realized

when he exclaimed to a stupid interrogator, "With your confounded questions, sir, you've made me swallow a piece of green fat without tasting it."

Many a poor wife has to swallow her dinner without tasting it because her inconsiderate husband chooses this time to find fault with her, the children, the servants and with everything except himself. The beef is too much done, the vegetables too little; everything is cold. "I think you might look after something! Oh! that is no excuse," and so on, to the great disturbance of his own and his wife's digestion.

God sends food, but the devil sends the few cross words that prevent it from doing us any good. We should have at least three laughs during dinner, and everyone is bound to contribute a share of agreeable table talk, good humor and cheerfulness.

Conditions Demand Charity

Make allowances for your wife's share of the great inheritance of human nature. Do not expect her to smile in unmoved serenity when children are ungovernable, servants are in high rebellion, and husband comes home cross and hungry. If she is a little petulant, do not bang doors

by way of soothing her temper. Just remember that a pleasant word or two, the touch of a kindly hand, or the light of a pitying eye will act like oil on the troubled waters. Even *men* are known to get out of patience sometimes, therefore be not astonished at woman's occasional lapse of self-control!

To Bear With Each Other

The great secret is to learn to bear with each other's failings; not to be blind to them—that were either an impossibility or a folly. We must see and feel them; if we do neither, they are not evils to us, and there is obviously no need of forbearance. We are to throw the mantle of charity around them, concealing them from the curious gaze of others; to determine not to let them chill the affections. Surely it is not the perfections, but the imperfections of human character that make the strongest claims on our love.

VITAL QUESTIONS FOR HUSBANDS

1. Have you given to her all of your time which you could spare?

2. Have you endeavored to make amends to her for the loss of her friends?

3. Have you joined with her in her endeavors to open the minds of your children and give them good, moral lessons?

4. Have you strengthened her mind with advice, kindness and good books?

5. Have you spent your evenings with her in the cultivation of intellectual, moral or social excellence?

6. Have you looked upon her, as well as yourself, as an immortal being?

7. Has her improvement been as much your aim as your own?

8. Has your desire been to "love her," as St. Paul commands you, and to see her "holy and without blemish?"

9. Has your kind word soothed the irritation of her brow?

10. Has your arm supported her in the day of trial and trouble?

11. Have you truly been a helpmate to her whom you have sworn before God to love and cherish?

Advice to Husband

Let what we have said add to your desire to serve, to assist and to cherish the wife in all possible ways.

Let your children have the example before them of parents bound by one tie, one hope; united here and forever.

Let him whose married life has been short aid and counsel his young wife.

Let her troubles be yours and her joys be your joys.

Let the wife have all the companionship possible with the husband.

A Beautiful Picture

There is a picture, bright and beautiful, but nevertheless true, where hearts are united for mutual happiness and mutual improvement; where a kind voice cheers the wife in her hour of trouble, and where the shade of anxiety is chased from the husband's brow as he enters his home; where sickness is soothed by watchful love, and hope and faith burn brightly. For such there is a great reward, both here and hereafter, in their own and their families' spiritual happiness and growth, and in the blessed scenes of the world of spirits.

The Wife Makes Home

And, wives! do you also consult the tastes and dispositions of your husbands and endeavor to give to them high and noble thoughts, lofty aims and temporal comfort. Be ready to welcome them to their homes; gradually draw their thoughts while with you from business, and lead them to the regions of the beautiful in art and nature

and the true and the divine in sentiment. Foster a love of the elegant and refined, and gradually you will see business, literature and high moral culture blending in "sweet accord."

Mutual Effort

Do not forget that your happiness both here and hereafter depends upon each other's influence. An unkind word or look, or an unintentional neglect, sometimes lead to thoughts which ripen into the ruin of body and soul. A spirit of forbearance, patience, and kindness, and a determination to keep the chain of love bright, are likely to develop corresponding qualities, and to make the rough places of life smooth and pleasant. Have you seriously reflected that it is in the power of either of you to make the other utterly miserable? And when the storms and trials of life come, for come they will, how much either of you can do to calm, to elevate, to purify the troubled spirit of the other, and change clouds for sunshine!

The Divine Plan

It was thus, surely, that intellectual beings of different sexes were intended by their great Creator to go

through the world together; thus united, not only in hand and heart, but in principles, in intellect, in views, and in dispositions; each pursuing one common and noble end—their own improvement, and the happiness of those around them—by the different means appropriate to their situation; mutually correcting, sustaining, and strengthening each other; undegraded by all practice of tyranny on the one hand, and of deceit on the other; each finding a candid but severe judge in the understanding, and a warm and partial advocate in the heart of their companion.

Nobody But My Husband

In America, some women think that anything is good enough to wear at home. They go about in slatternly morning dresses, unkempt hair, and slippers down at the heel. "Nobody will see me," they say, "but my husband."

An English lady, visiting the wife of one of the wealthy merchants of India, found her always in full dress, with toilet as carefully arranged as if she were going to a ball.

"Why!" exclaimed the visitor, "is it possible that you take all this trouble to dress for nobody but your husband?"

"Do, then," asked the lady in reply, "the wives of Englishmen dress for the sake of pleasing other men?"

Cleanliness Women who neglect cleanliness are peculiarly liable to give out unpleasant odors. So it is with bad breath. This sometimes arises from neglect of the teeth; sometimes from diseases of the stomach; sometimes from catarrh and the like. A husband is almost forced to hold at arm's length a wife with a fetid breath.

Love Enters Through the Nose Perspiration, especially about the feet, under the arms, and the like, causes a very unpleasant smell about many men and women. Now these disagreeable smells must, in some way, be removed if husband and wife are to retain each other's love. It is said that love enters through the nose. If that be true, it may well be said that love may be driven out through fetid, filthy feet.

Conjugal Harmony In true marriage, when all the conditions are favorable, and husband and wife spend much of their time together, there is a natural tendency to assimilate. Loving each other and admiring each

other's qualities, they insensibly take on each other's characteristics, and finally grow into a strong personal resemblance of each other. Examples of this conjugal resemblance in couples who have lived long in happy marriage relations may be pointed out in almost every community. The harmony between such married people, instead of being lost or broken up by constantly recurring discords, becomes, year by year, sweeter and more complete.

Harmony Lost, Why?

But there are cases in which the opposite result takes place. A good degree of congeniality may exist at the time of marriage, but may afterward be lost. Instead of climbing the hill of life hand in hand, as they should, they become separated in the crowd, and one is left far behind. They no longer see things from the same point of view, and the unity of thought and feeling which existed at first is destroyed.

The Wife's Fault

Sometimes the wife, confined to home by domestic duties; debarred by maternity and the care of children from mingling in society; deprived, mainly by lack of time and opportunity, of the advantages of lectures and books; and

finally, perhaps, losing her taste for intellectual pursuits, remains stationary, or rather deteriorates, intellectually, while her husband, mingling constantly in society with cultivated people, brought into daily contact with the great movements of the day, reading, thinking and attending lectures, is constantly advancing—gaining new ideas, new views of life, new interests and new aspirations. The congeniality which drew them together in the beginning no longer exists. Harmony is lost. Instead of growing toward each other, they have grown far apart—become mentally strangers to each other.

It May Be the Husband

In other cases it is the husband who falls behind in the journey of life. Giving himself up entirely to business, spending his days in his counting-room, going home fatigued, listless and indisposed to study, conversation or thought, he neglects books, loses his interest in the new ideas and movements of the age, and instead of leading onward and upward the mind of his intelligent and perhaps ambitious wife, leaves her to find in others the intellectual companionship she

craves. Relieved mainly from household cares by a housekeeper and servants, she reads, thinks, goes into society, mingles with cultivated and progressive people, and is constantly advancing in the path of mental improvement. There is the same loss of harmony as in the other case, and the final results are generally more disastrous.

Death of Wedded Love

Homes whence wedded love has fled afford us life's pathetic scenes. Wedded love, blessed with the prayers of friends, hallowed by the sanction of God, rosy with present joys, and radiant with future hopes, dies not all at once. A hasty word casts a shadow upon it, and the shadow deepens with the sharp reply. A little thoughtlessness misconstrued, a little unintentional negligence, deemed real, a little word misinterpreted—through such small channels do dissension and sorrow enter the family circle.

Mutual Growth, Law of Nature

Young married couples should think of this in time. Remember that growth is a law of nature. But if the conditions are unfavorable we become dwarfed and deteriorate, instead of

improving. You should strive to attain the conditions requisite for mental progress, and to equalize them so as to grow up together in mind, as it were, keeping step in the onward march of life. There can be no solid and satisfactory happiness in the conjugal relation without a close sympathy in thought and feeling. To secure this, you must marry congenial partners; and to retain it, you must perpetuate the harmonious conditions existing at marriage by equal advantages, so far as possible, for mental improvement after marriage. Be together as much as possible; read the same books and periodicals; talk about what you read; attend lectures; go together into society, or spend your evenings together at home; and in all things help each other to be true and good, to grow in grace, and in that knowledge which maketh wise unto salvation.

PEACEFUL BLENDING

I saw two clouds at morning,
  Tinged with the rising sun,
And in the dawn they floated on
  And mingled into one:
I thought that morning cloud was blest
It moved so sweetly to the west.

I saw two summer currents
  Flow smoothly to their meeting,
And join their course, with silent force,
  In peace each other greeting:
Calm was their course, through banks of green,
While dimpling eddies played between.

Such be your gentle motion,
  Till life's last pulse shall beat;
Like summer's beam and summer's stream
  Float on, in joy, to meet
A calmer sea, where storms shall cease—
A purer sky, where all is peace.

—*Brainard.*

CHAPTER IV

AFTER MARRIAGE—THE CONSUMMATION OF MARRIAGE

Its Signification Both legally and morally the prime object of marriage, regarded from a social point of view, is the continuation of the species. Hence until the preliminary steps to this end are taken, the marriage is said not to be consummated. The precise meaning of the expression is this: "The first time that the husband and wife cohabit together after the ceremony of marriage has been performed is called the consummation of marriage." A marriage, however, is complete without this in the eye of the law, as it is a maxim that consent, not cohabitation, is the binding element in the ceremony.

A Wise Restraint A sage morality throughout most civilized lands prohibits any anticipation of the act until the civil officer or the priest has performed the rite. The experience

of the world proves the wisdom of this, for any relaxation of the laws of propriety in this respect are fraught, not only with injury to society, but with loss of self-respect to the individual. Those couples that under any plea whatever, allow themselves to transgress this rule, very surely lay up for themselves a want of confidence in each other and a source of mutual recrimination in the future. True as this is shown to be by constant experience, yet there have been and still are communities in which the custom is current of allowing and even encouraging such improper intimacies.

When Consummated

Usually marriage is consummated within a day or two of the ceremony. In Greece the excellent rule prevails that at least three days shall be allowed to elapse between the rite and the act, and it were well if this rule were general. In most cases the bride is nervous, timid, exhausted by the labor of preparation and the excitement of the occasion—indeed, in the worst possible frame of body and mind to bear the great and violent change which the marital relation brings with it.

The Bridal Chamber The first hour in the bridal chamber is, to the delicate and sensitive young wife, one of severest trial. However much she may respect her husband, she realizes that he is to her almost a stranger. Yet she should not hesitate. Without a trace of prudishness, she should forget herself in perfect love and trust.

The young husband should fully appreciate the feelings of his bride. With delicate consideration he should strive to spare her modesty. To urge his attentions upon her would be little less than brutal. He should regard her, not as within his power, but as under his protection. By tender caresses he may try to win her to him, but let desire wait her invitation.

Danger Ahead! The consequence is that in repeated instances the thoughtlessness and precipitancy of the young husband lay the foundation for numerous diseases of the womb and nervous system, and for the gratification of a night he forfeits the comfort of years. Let him at the time when the slow-paced hours have at last brought to him the treasures he has so long been coveting, administer with a frugal hand and

with wise forethought. Let him be considerate, temperate and self-controlled. He will never regret it if he defer for days the exercise of those privileges which the law now gives him, but which are more than disappointing if seized on in an arbitrary, coarse or brutal manner.

A Sign of Low Breeding

There is no more infallible sign of a low and vulgar man than to hear one boast or even to mention the occurrences on the nuptial night. Who does so, set him down as a fellow devoid of all the finer feelings of his own sex, and incapable of appreciating those of the other. While the newly married man should act so that his tender solicitude and kind consideration could only reflect credit on himself, were they known, he should hide them all under a veil of reticence.

Painful to the Bride

A husband should be aware that while, as a rule, the first conjugal approaches are painful to the new wife, and therefore that she only submits and can not enjoy them, this pain should not be excessively severe, nor should it last for any great length of time—not more than one or two

weeks. Should the case be otherwise, then something is wrong; and if rest does not restore the parts, a physician should be consulted.

A Source of Misery

It is especially necessary that great moderation be observed at first, an admonition which we the more urgently give because we know it is needed, and because those specialists who devote their time to diseases of women are constantly meeting patients who date their months and years of misery from the night of the consummation of marriage.

Obstacles to Consummation

We have now to consider the cases where for some incapacity on the one side or the other it is not possible to consummate marriage. When an incapacity of this kind is absolute or incurable, and when it existed at the time of the ceremony of marriage, both the ecclesiastical law and the special statutes of several of the American states, declare the marriage void and of no effect. But the suit must be brought by the injured party, and he or she naturally incapable can not allege that fact in order to obtain a divorce.

An incapacity for marriage may exist in either sex, and it may be in either temporary or permanent.

On Part of the Bride The most common cause of a temporary character is an excessive sensitiveness of the part. This may be so great that the severest pain is caused by the introduction of a narrow sounder, and the conjugal approaches are wholly unbearable. Inflammation of the passage to the bladder, of some of the glands, and various local injuries are also absolute but temporary barriers. Any of these are possible, and no man with a spark of feeling in his composition will urge his young wife to gratify his desires at the expense of actual agony to herself.

Conditions of this kind require long and careful medical treatment, and though it is disagreeable to have recourse to this, the sooner it is done the better for both parties.

The Hymen A permanent obstacle is occasionally interposed by a hymen of unusual rigidity. It is rare, indeed, that this membrane resists, but occasionally it foils the efforts of the husband, and leads to a

belief on his part that his wife is incapable of matrimony.

The Vagina

A complete or partial absence of the vagina forms an absolute and generally incurable obstacle to conjugal duty on the part of the woman. Such a condition may arise from an injury received earlier in life, and which has allowed the sides to contract and grow together; or she may have been so from birth.

Want of Virility in Man

Virility is from the Latin *vir,* meaning *man.* A *want* of virility, then, is being incapable of performing the functions of a man. Virility depends upon the ability of a man to secrete the sperm. In that sperm, as one of its parts, is the spermatozoa, the life-transmitting power.

Spermatazoa

The spermatozoa are exceedingly numerous and active when the secretion is healthy. A single one of them —and there are many hundreds in a drop— is sufficient to bring about conception in a female. They not only have a rapid vibratory motion, but singular vitality.

They are not, however, always present, and when present may be of variable activity

In young men, just past puberty, and in aged men, they are often scarce and languid in motion. Occasionally they are entirely absent in otherwise hale men, and this is one of the causes of sterility in the male. Their presence or absence can only be detected by the microscope.

The organs in which this secretion is elaborated from the blood are the testicles.

Before Puberty

A secretion is formed before puberty, but it is always without these vibratory bodies. Only after that period is it formed healthily and regularly by the proper glands.

Observers have noted that the secretion produced soon after puberty is feeble, and generally fruitless, or if capable of fecundating, the child thus produced is weakly and apt to be disposed to disease.

Man Loses Self-Respect

A medical writer says: "In losing the virile powers at an age when it should be vigorous, man loses his self-respect, because he feels himself fallen in importance in relation to his species. Therefore the loss of virile power, real or supposed, produces an effect more overpowering than that of honors, fortune, friends or rela-

tives; even the loss of liberty is as nothing compared to this internal and continual torture.

Lethargy There are some individuals who are rarely or never troubled by the promptings of nature to perpetuate life, and yet are by no means incapable of doing so. They are indeed few in number, and are usually slow in mind and of an extremely lymphatic and lethargic temperament. They experience very little desire and no aversion toward the opposite sex.

A want of desire does, however, often occur under circumstances which give rise to great mental trouble. It may have many causes; some mental, others physical. Prolonged and rigid continence, excesses either with the other sex or in solitary vice, a poor and insufficient diet or the abuse of liquors and the pleasures of the table, loss of sleep, severe study, constant thought, mental disturbances, as sorrow, anxiety or fear, the abuse of tobacco, drugs, etc., all may lead to the extinction of the sexual feelings.

When lethargy arises from age or local disease it must be met by a judiciously regu-

lated medical treatment which we can not detail here.

Debility It is not uncommon to find desire present, and yet the consummation of marriage to be impossible from a want of power, although the individual is by no means impotent. This condition is called "false impotence," and often causes great alarm, though generally unnecessarily. In persons of nervous temperaments, though otherwise perfectly healthy, the force of imagination, the novelty, the excitement and the trepidation attendant upon the ceremony of marriage completely overpower them, and they are terrified to find it impossible to perform the duties of their new relation. Sometimes this state of the system lasts for days, weeks and months. Recollecting, perhaps, some early sins, the young husband believes himself hopelessly impotent, and may in despair commit some violent act forever to be regretted.

Impotence of Man True impotence consists of want of power, not once, but habitually; not only with prostitutes, but with those whom we most love; not under unfavorable circumstances, but during long periods of

time, say five, fifteen or twenty years. Actual impotence during the period of manhood is a very rare complaint, and nature very unwillingly, and only after the absolute neglect of sanitary laws, gives up the power of reproduction.

Aversion of Wife to Husband

Not only sensual women, but all, without exception, feel deeply hurt, and are repelled by the husband whom they may previously have loved dearly, when, after entering the marriage state, they find that he is impotent. The more inexperienced and innocent they were at the time of marriage, the longer it often is before they find that something is lacking in their husband; but, once knowing this, they infallibly have a feeling of contempt and aversion for him. It is the knowledge that they are becoming contemptible and disgusting to their wives that brings so many young husbands, fearing they are impotent, to the physician. Unhappy marriages, barrenness, divorces, and perchance an occasional suicide, may be prevented by the experienced physician who can give correct information, comfort and consolation when consulted on this subject.

Let Lewd Women Alone Under no circumstances should he adopt the scandalous and disgusting advice which immoral associates may give him, to experiment with lewd women in order to test his powers. Such an action must meet *with unequivocal condemnation from every point of view.* Should there be good medical reasons to believe that he is actually impotent, he must not think of marriage. Such an act would be a fraud upon nature, and the laws of church and state both declare such a union null and void. Yet even with this imperfection he need not give way to despair or to drink.

Old Age The period of virility in man, like that of child-bearing in women, is naturally limited to but a fraction of the whole term of life. The physiological change which takes place in the secretion in advanced years deprives it of the power of transmitting life, and at last the vigor of the function is lost.

Impotence and Venereal Diseases Venereal diseases lead, more frequently than do any other class of maladies, to permanent, incurable impotence. They may do so either by

an actual destruction of the part, or by exciting inflammation in the secretory apparatus, or by attacking the adjacent parts.

Malformations and Impotence Malformations in man is another cause of impotence. These may be natural, dating from birth, or accidental from injury, or from some necessary surgical operation, or from design, as in the case of eunuchs.

Self-Abuse and Impotence Self-abuse causes perversion of feeling and debility, but does not affect the character of the secretions, except when *carried to great excess.* It leads to debility, but exceedingly rarely to permanent incapacity.

Obesity Obesity may lead to impotence, either mechanically, by causing such an unwieldy growth that the conjugal relation is rendered impossible, or by diminishing desire and power.

Fat children sometimes never manifest in after years any desire for the opposite sex, and there are examples of young men thirty years old who were completely devoid of feeling from the same cause.

The remedy for such a condition is to observe a regimen which will reduce the flesh without impairing the strength.

Other Causes The habitual use of opium induces a general prostration of the nervous system and a debility of the powers of generation, which in the slaves to those pernicious habits passes into complete impotence.

General malnutrition of the body, lead poisoning, diabetes and some diseases of the spinal cord, also may bring about this condition.

Sterility It is possible for a man to consummate marriage when it is utterly impossible for him to have children. His power of transmitting life is gone forever. That is, impotence and sterility do not mean the same thing.

Conditions of Sterility The conditions of sterility in man may arise either from a condition of the secretions which deprives it of its fecundating powers, or it may spring from a malformation which prevents its reaching the point where fecundation takes place.

The condition of sterility is the most common in old age, and as a sequence of venereal disease, or from a change in the structure or functions of the glands.

Sterility from malformation has its origin in a stricture or in an injury or in debility.

Electricity a Remedy

Where sterility depends upon a deficient secretion of the seminal fluid, the patient may have a fair chance of improvement, always provided no organic disease is present. A regulated diet, tonics and a change of climate will do much; but it is the judicious application of electricity from which most is to be hoped.

The value of this medicinal agent in debility and failure of the generative powers has long been recognized by professional men. It acts as a powerful stimulant, and when combined with proper general treatment holds out a promise of improvement and often of cure in most cases where no structural change has taken place. But it is a useless and even a dangerous remedy in ignorant hands.

Excessive Passion Dangerous

Those who ignorantly and rashly imagine that excessive passion is a mark of vastly increased vigor, and felici-

tate themselves on the change, will have bitterly to rue their error in after years.

Marriage Natural and Beneficial

It is evident that wedded life is the best condition for man. Mortifying the flesh to subdue the sexual passions, as is practiced by ascetics, is more apt to concentrate the attention of the mind on the very things sought to be avoided.

Purity of thought is better accomplished by turning the thoughts, through the action of the will, from sexual things toward the non-sexual. One who has insufficient sleep is always sleepy. One with insufficient food is always hungry. Sexual instincts *properly satisfied* relieve the mind of sexual thoughts. The marriage state makes it possible for man and woman to live a life of continence more successfully than by living a single life.

Long Life and Marriage

Statistics show that married men live longer than bachelors. Married, child-bearing women live longer than spinsters. Wives also have better health than their unmarried sisters. This, too, in spite of the added dangers associated with childbirth. Many delicate and ailing women have become robust during the rest of their

lives after marriage and the birth of one or more children.

Nature seems to compensate the mother for her pains and care of maternity.

Other Physical Benefits

We are able to state, on many good authorities, that marriage purifies the complexion, removes blotches from the skin, invigorates the body, gives a freedom and elasticity of carriage, a full and firm tone of voice, and is the medium through which nature makes the human species tranquil, happy, healthy, contented, useful and wise.

Liberties Before Marriage

Kissing, embracing, sitting in lover's lap, leaning on his breast, long periods of secluded companionship are dangerous conditions. Thoughtful parents should have a profound fear at the dangers surrounding such a state of affairs. It is a marvel that so many ladies arrive safely at the wedding day. If our young women realized the danger of arousing the sexuality even of the best men, they would shudder at the risk they run. Don't do it, ladies!

The enjoyments of that delightful period of life between the betrothal and marriage should not be unreasonably curtailed.

A Warning It is said, "A woman in love will refuse nothing to a persistent lover." We do not believe it is true; but still we recognize the fact that here is danger. We doubt the genuineness of the "lover" who "persistently" would seek the ruin of the one he loves. But the element of sensuality is very strong in many men, and if there is a want of moral tone in the supposed lover, both the man and maiden may be swept into ruin.

Tests of Virginity Unreliable The consummation of marriage with a virgin is by no means necessarily attended with a flow of blood, and the absence of this sign is not the slightest presumption against her former chastity. In stout blondes it is even the exception rather than the rule; and in all young women who have suffered from leucorrhea, the parts are relaxed and flowing does not occur.

So, too, the presence or absence of the hymen is no test. Frequently it is absent from birth, and in others it is of exceeding tenuity, or only partially represented. There is, in fact, no sign whatever which allows even an expert positively to say that a woman has or has not suffered the approaches of one of the opposite sex.

The true and only test which any man should look for is modesty in demeanor before marriage, absence both of assumed ignorance and a disagreeable familiarity, and a pure and religious frame of mind. Where these are present, he need not doubt that he has a faithful and chaste wife.

Different Views on Sexual Union

The practice of married people varies according to the views held by different individuals. It is sad to know that multitudes of married couples go at this matter in a "slam-bang" way, merely as uncontrolled passion dictates, thus impairing themselves and their offspring.

There are three theories, as follows:

1. *Those who claim that the sexual relation should never be entered into except for procreation.*

2. *Those who believe that it is a love act.*

3. *Those who hold that sexual intercourse is a physical necessity for man, but not for woman.*

First Theory Discussed

Perhaps Dr. Cowan's statement of what he calls true continence will make this matter clear. He says: "The highest enjoyable season at which a healthy woman desires sexual congress is immedi-

ately following the cessation of her monthly menses, and this is the season in which the reproductive element is most intensified, and when her whole organism is ready to take on the loving and holy duties of reproduction—the originating and developing of a new life.

"The man and wife come together at this period with the desire for offspring; impregnation and conception follow, and from that time until the mother has again menstruated —which occurs after the weaning of the child, which in duration extends to about eighteen or twenty-one months—*sexual intercourse should not be had by either husband or wife.*

" 'Do you mean that the man should have no sexual intercourse for twenty-one months?'

"That is precisely what is meant—precisely what nature intended. *This is the only true solution of God's divine law in the government of the reproductive element in mankind.*

"A continent man, therefore, is one who possesses the power to reproduce his species, and who, through a true life and firm will, exercises his reproductive element only at

the right seasons, and only for the purpose of reproduction." The italics are Dr. Cowan's.

It is not impossible to live up to the theory thus advanced. We have shown in another volume of this series that there are other uses for the reproductive element in man than the generation of offspring. But the altitude is too high for the great mass of mankind.

The Second Theory

The second theory (that coition is a love act) seems to us to be within the bounds of possibility, and has some things in its favor.

The act should be mutual on the part of man and wife; and when procreation is not desired, care should be taken as to the proper time in relation to the monthly period.

This act is a mutual exchange of love, giving health and vigor to each. But more than all, it keeps alive that flame of sacred fire which burns in the breasts of a truly wedded pair. It is an inexplicable bond of union. There is no such thing as "Platonic love" between the sexes; but there is something better—conjugal, maternal and paternal love.

Sex force is the basis of all the nobler attributes of mankind. When Christ wished to illustrate that invisible, loving bond of union between Himself and His people, He used conjugal love as a symbol—He is the bridegroom, the church is the bride.

Herein is where the second theory surpasses both the first and the third. Separation breeds coldness; presence and association give warmth to both love and friendship.

By the third theory, the supposed demands of the husband lead almost universally to over-indulgence, and cause the wife many times to all but abhor the sexual presence of her lascivious husband.

The Third Theory

What are some of the results of the third theory? Let us see.

1. In the marriage relation, it requires the wife to be man's prostitute, that the husband may meet the *necessities* (?) of his nature.

2. In the unmarried state, it leads to one or all of the following: Prostitution, fornication, masturbation, or some other abominable practice.

3. In any state, it teaches a double standard of morals, one for man and another for

woman. In such conditions there is no room for Miss Willard's "A White Life for Two."

4. It leads, logically, to over-indulgence in the sexual act. Parents and children are made to suffer. It lowers the whole moral and physical tone of the race. Men and women lose their vitality; the children are puny, scrawny beings, many of whom in early life pass to untimely graves.

We repeat again the statement we have already made: It is not necessary to health to expend man's sexual force.

CHAPTER V

HUSBAND AND WIFE—THE MARRIAGE BED

The Bed-Chamber

The bed-chamber should be large and airy. But very few bed-chambers are sufficiently large to afford plenty of fresh air without some form of ventilation. No one or two or three or more should sleep in an ordinary bedroom without ventilation.

In the Same Bed

Should husband and wife sleep in the same bed? This is customary in America; it is the rule, but, of course, there are exceptions. There are good reasons for both customs. In the light of hygiene, pure and simple, the argument for the single bed is decisive.

It is also claimed that the temptation to sexual over-indulgence is too great. The close and constant contact of bodies leads to excitement, and therefore requires greater will-power to overcome the temptation.

On the other hand, in sleeping apart there is loss of that affection which should subsist between man and wife. In the separation of husband and wife there is danger that the bond of union may be loosened and possibly broken. Separation breeds coldness, distrust and indifference. Nearness of body leads to a nearness of spirit, and mutual trust and love are fostered by the fact of contiguity.

An Exception

Only when disease, or some vocation which leads to disturbed slumbers, is to be taken into account, do we recommend the opposite plan. Consumption is contagious, and of course many chronic skin diseases notoriously are so; and if present, it is too severe a demand for the sufferer to make that a healthy person should needlessly be exposed to the danger of illness.

Neatness of Attire

Women have more delicate sensibilities than men; they are readily pleased or repulsed by little things; the husband who is anxious to maintain pleasant relations in his home circle will do well not to neglect the cares of toilet.

Frequent changes of underclothing are desirable on this account, as well as for general hygienic reasons, and any pains be-

stowed on keeping the attire neatly arranged and well cared for will not be lost.

Passion in Women

There are many females who never feel any sexual excitement whatever; others, again, to a limited degree, are capable of experiencing it. The best mothers, wives and managers of households know little or nothing of the sexual pleasure. Love of home, children and domestic duties are the only passions they feel. As a rule, the modest woman submits to her husband, but only to please him; and, but for the desire of maternity, would far rather be relieved from his attentions. This is doubly true of women during the periods when they are with child, and when they are nursing.

Hallowed Pleasures

Jeremy Taylor, the quaint old English divine, says: "Married people must be sure to observe the order of nature and the ends of God. He is an ill husband that uses his wife as a man treats a harlot, having no other end but pleasure. The pleasure should always be joined to one or another of these ends—with a desire for children, or to avoid fornication, or to lighten and ease the cares and sadness of household affairs, or to endear each other, but never

with a purpose, either in act or desire, to separate the sensuality from these ends which hallow it.

"Married people must never force themselves into high and violent lusts with arts and misbecoming devices, but be restrained and temperate in the use of their lawful pleasures."

Complete Cessation

There are certain periods when a complete cessation should be observed. One of these is during the monthly sickness of the wife, and for a day or two after that epoch.

The Mosaic law pronounces a woman "unclean" for a number of days after her monthly illness.

During pregnancy and nursing, conjugal relations should be few and far between. Some authorities condemn them altogether. Perhaps that is somewhat extravagant. With care, they may do no harm. Miscarriage is sometimes caused by too violent action.

A Dangerous Period

During and after the change of life, it is also important to observe an unwonted moderation. During that period any unaccustomed excitement of this character may be followed by flooding and

other serious symptoms, while after the crisis has been passed, the sexual appetite itself should wholly or almost wholly disappear.

Danger of Excess

The married man who thinks that because he is a married man he can commit no excess, no matter how often the sexual act is repeated, will suffer as certainly and as seriously as the debauchee who acts on the same principle in his indulgences, perhaps more certainly from his very ignorance, and from his not taking those precautions and following those rules which a career of vice is apt to teach a man. Till he is told, the idea never enters his head that he has been guilty of great and almost criminal excess, nor is this to be wondered at, as such a cause of disease is seldom hinted at by the medical man he consults.

Nature of Excess

The nature of excess may be twofold; either it is a long-continued indulgence beyond the average power of the man to withstand, or it is brief and violent.

A Noted Physician's Opinion

"A great excess for a few days only, acting like a 'shock,' may manifest its consequences in the nervous system at a long distant subsequent period. A

sudden, short, yet great excess may be more dangerous than more moderate, albeit excessive indulgence, extending over a long period. In certain constitutions, although only indulged in legitimately and for a short period, as after marriage, such excess may act like a shock or concussion of the spinal cord, or like a blow on the head, and may give rise to serious chronic diseases, as epilepsy, insanity and paralysis."

A Foolish Notion

A foolish notion sometimes prevails that it is necessary to health to have frequent intercourse. There is no condition of life more thoroughly in accordance with perfect vigor than chaste celibacy. Next to this comes moderation in married life. It is never required for sanitary reasons to abuse the privileges which law and usage grant. Any such abuse is pretty sure to bring about debility and disease.

A General Rule

Generally speaking, the hygienic rule is that after the act the body should feel well and strong, the sleep should be sound, and the mind clear. Whenever this is not the case, when the limbs feel languid, the appetite feeble or capricious, the intellect dull and the faculties sluggish,

then there is excess, and the act should be indulged in more rarely.

Those that observe strictly this rule will need no other, and will incur no danger from immoderate indulgence.

Transmitting of Life The differences of the sexes, the emotions which depend upon these differences, and the institution of marriage are primarily and directly existent for the purpose of transmitting life, or, to put it more plainly, for having children. Every married couple must distinctly and constantly impress this truth upon their minds, and be governed by it in their life. Whatever relations they bear to each other, whatever duties they may owe to society and themselves, all of them are subordinate to the paramount obligation of having and raising a family. We care not what excuse may be imagined in order to escape this duty, it is inadmissible. Nothing short of positive incapacity can exculpate either party.

Season for Conception It is not only their duty to have, not merely a child or two, but a family of children; but also to do all in their power that their offspring have all the natural advantages which it is possible to give

them. It may not be generally known that this matter touches some of the most intimate and earliest relations of the married couple. But, nowadays, physicians at least are fully satisfied that the season and manner of conception, the condition of father and mother at the time, and several attending circumstances, exercise a most important influence on the newly-formed being.

Nature of Conception

Every human being originates from an egg. Every one of us commenced our existence in an egg. The human egg, however, has no shell, and is not, as with fowls and many lower animals, deposited outside the body. The female matures one or several at each of her monthly periods, and they pass from the sac that has hitherto contained them on their way to the outer world. They are so minute that they are hardly visible to the naked eye, and so delicate in structure that they readily perish. They remain a longer or a shorter time in their passage from the spot where they are formed to their destination, sometimes requiring but a day or two, at other times probably a week or two.

The Egg and Sperm Meet During this passage, should they come in contact with the secretion of the male, the vibratory bodies called spermatozoa surround the egg, penetrate into it perhaps, and fecundate it. At this moment conception has taken place, and a new member of the species has commenced its individual life.

An Explanation It will be understood that the spermatozoa of man (as in all mammalia) are living, active semi-animals, with the power of *locomotion,* while the female ovum is *passive*, with no power to move itself from place to place. The ovum is moved by forces outside of itself; the spermatozoon seeks the ovum by its own inner force. Hence, if the spermatozoa be placed within the female vagina by any means, they will find their way into the womb, and if a ripe ovum is in place, there will be a union

SEMEN HIGHLY MAGNIFIED

of one of the spermatozoa (a spermatozoon) with the ovum, and thus a new life is brought into being.

Artificial Impregnation

Union is not essential to impregnation; it is possible for conception to occur without congress. All that is necessary is that seminal animalcules enter the womb and unite there with the egg or ovum, as explained above. It is not essential that the semen be introduced through the medium of the male organ, as it has been demonstrated repeatedly that by means of a syringe and freshly obtained and healthy semen, impregnation can be made to follow by its careful introduction.

THE REPRODUCTIVE ORGANS

1. The bladder, cut open by a crucial incision and the four flaps separated.
2. The ureters.
3. Their vesical orifices.
4. Uvula vesicæ. The triangle formed by the points at 3, 4 is the vesicle triangle.
5. Superior fundus of the bladder.
6. Bas fond of the bladder.
7. The smooth center of the vesical triangle.

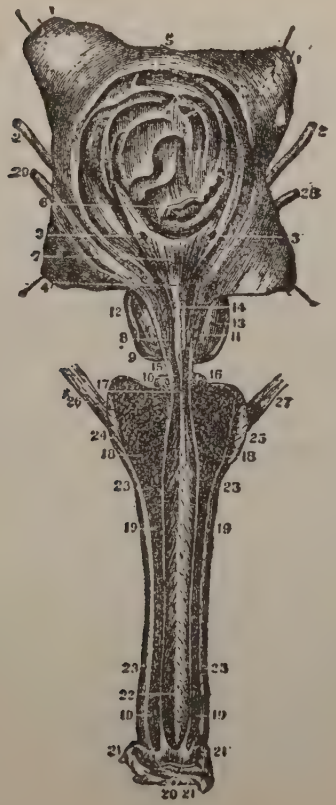


FIG. 370

THE BLADDER AND URETHRA OF A MAN, LAID OPEN IN ITS WHOLE LENGTH

8. Verumontanum or caput gallinaginis.
9. Orifice of the ductus ejaculatorius.
10. Depression near the verumontanum.
11. Ducts from the prostate gland.
12, 13. Lateral lobes of the prostate gland.
14. Prostatic portion of the urethra; just above is the neck of the bladder.
15. Its membranous portion.
16. One of Cowper's glands.
17. The orifices of their excretory ducts.
18. Section of the bulb of the urethra with its erectile tissue.
19. Cut edges of the corpora cavernosa.
20. Cut edges of the glans penis.
21. Prepuce dissected off.
22. Internal surface of the urethra laid open.
23. Outer surface of corpora cavernosa.
24, 25. Accelerator urinæ muscle.
26, 27. Erector penis muscle.

THE FEMALE SEXUAL ORGANS

The generative or reproductive organs of the human female are usually divided into the internal and external. Those regarded as internal are concealed from view and protected within the body. Those that can be

readily perceived are termed external. The entrance of the vagina may be stated as the line of demarcation of the two divisions.

External Organs

1. The *labia majora,* or greater lips, and the

2. *Labia minora,* or lesser lips, are formed by double folds extending downward from the *mons veneris,* the prominent eminence formed by fatty tissue, just above the organ.

3. The *clitoris* is a prominent erectile structure situated at the upper part of the opening between the folds of the *labia minora* just where the lips come together. This is the counterpart of the glans penis in man.

4. The *hymen* is a membranous fold which partly closes the opening to the vagina.

5. *Vulva* is a term applied when speaking of all of these external parts.

Internal Organs

1. The *vagina* is a canal about five or six inches long, which extends from the vulva to the uterus. This organ is very distendible, and plays an important part in childbirth.

2. The *uterus* is situated between the bladder and the rectum in the cavity of the pelvis. It is held in position by the broad

bands of peritoneum on each side, which extend from the sides of the uterus to the walls of the pelvis, and is supported by the uterus.

3. The *fallopian tubes* are two in number, situated one on each side of the uterus, in the broad ligament extending from the uterus to the sides of the pelvis. They convey the ova from the ovaries to the cavity of the uterus.

4. The *ovaries* are oval shaped bodies situated one on each side of the uterus, behind and below the fallopian tubes, in the posterior part of the broad ligament. They are about an inch and a half long, three-quarters of an inch wide, and one-third of an inch thick.

FIG. 400

FIG. 401

FIG. 402

FEMALE ORGANS OF GENERATION

FIG. 400

A SIDE VIEW OF THE VISCERA OF THE FEMALE PELVIS

1. Symphysis Pubis.
2. Abdominal Parietes.
3. The Fat forming the Mons Veneris.
4. The Bladder.
5. Entrance of the Left Urethra.
6. Canal of the Urethra.
7. Meatus Urinarius.
8. The Clitoris and its Prepuce.
9. Left Nympha.
10. Left Labium Majus.
11. Orifice of the Vagina.
12. Its Canal and Transverse Rugæ.
13. The Vesico-Vaginal Septum.
14. The Vagino-Rectal Septum.
15. Section of the Perineum.
16. Os Uteri.
17. Cervix Uteri.
18. Fundus Uteri.
19. The Rectum.
20. The Anus.
21. Upper Portion of the Rectum.
22. Recto-Uterine Fold of the Peritoneum.
23. Utero-Vesical Reflection of the Peritoneum.
24. The Peritoneum reflected on the Bladder from the Abdominal Parietes.
25. Last Lumbar Vertebra.
26. The Sacrum.
27. The Coccyx.

FIG. 401

A VERTICAL SECTION THROUGH THE LINEA ALBA AND SYMPHYSIS PUBIS SO AS TO SHOW THE BLADDER, VAGINA, UTERUS AND RECTUM IN SITU.—THE PERITONEUM HAS BEEN CUT AT THE POINTS WHERE IT IS REFLECTED

1. Anterior Parietes of the Abdomen.
2. Sub-Cutaneous Cellular Tissue.
3. Hairs on the Mons Veneris.
4. Cellular Tissue on the Mons Veneris.
5. Rectus Abdominis of the Right Side.
6. Right Labia Majora.
7. Symphysis Pubis.
8. The Clitoris.
9. Its opposite Crus.
10. Right Labia Minora.
11. Orifice of the Vagina.
12. Portion of the Left Labia Minora.
13. The Fourchette, or Posterior Commissure of the Vulva.
14. The Perineum.
15. The Anus.
16. A portion of the Integuments of the Buttock.
17. Left Side of the Bladder.
18. Neck of the Bladder.
19. The Urethra.
20. Meatus Urinarius.
21. Entrance of the Left Ureter into the Bladder.
22. Left Ureter cut off.
23. Left Side of the Vagina.
24. Left Side of the Neck of the Uterus outside of the Vagina.
25. Fundus of the Uterus.
26. Left Fallopian Tube separated from the Peritoneum.
27. Its Fimbriated Extremity.
28. Its Entrance into the Uterus.
29. Left Round Ligament.
30. Left Ovary.
31. Fimbriated Portion which unites the Tube to the Ovary.
32. Insertion of the Ligament of the Ovary to the Uterus.
33. Right Broad Ligament of the Uterus.
34. Lower Portion of the Rectum.
35. Rectum turned off and tied.
36. The Peritoneum lining the Anterior Parietes of the Abdomen.
37. The Peritoneum which covers the Posterior Parietes of the Abdomen.

FIG. 402

THE UTERUS, FALLOPIAN TUBES, OVARIES AND A PART OF THE VAGINA OF A FEMALE OF SIXTEEN YEARS. ON ONE SIDE THE TUBE AND OVARY IS DIVIDED VERTICALLY; THE OTHER SIDE IS UNTOUCHED. THE ANTERIOR PORTION OF THE UTERUS AND VAGINA HAVE ALSO BEEN REMOVED

1. Fundus of the Uterus.
2. Thickness of its Parieties anteriorly.
3. External Surface of the Uterus.
4. Section of the Neck of the Uterus.
5. Section of the Anterior Lip.
6. Its Posterior Lip untouched.
7. Cavity of the Uterus.
8. Cavity of its Neck.
9. Thickness of the Walls of the Vagina.
10. Its Cavity and Posterior Parietes.
11. Openings of Fallopian Tubes into Uterus.
12. Cavity of the Left Tube.
13. Its Pavilion.
14. Corpus Fimbriatum.
15. Its Union with the Ovary.
16. Left Ovary vertically divided.
17. The Vesicles in its Tissue.
18. Ligament of the Ovary.
19. Right Fallopian Tube, untouched.
20. Its Corpus Fimbriatum.
21. Right Ovary.
22. The Broad Ligament.

CHAPTER VI

CHILD-BEARING—PREGNANCY

Veneration for the Pregnant

"In no period of her life is woman the subject of interest so profound and general as at the time when she approaches the sacred threshold of maternity. The young virgin and the new wife have pleased by their grace, spirit and beauty. The pregnant wife is an object of active benevolence and religious respect. It is interesting to note how, at all times and in all countries, she has been treated with considerate kindness and great deference. She has been made the subject of public veneration, and sometimes even of religious worship. At Athens and at Carthage the murderer escaped from the sword of justice if he sought refuge in the house of a pregnant woman. The Jews allowed her to eat forbidden meats. The laws of Moses pronounced the penalty of death against all those who by bad treatment or any act of violence caused a woman to abort.

Lycurgus compared women who died in pregnancy to the brave dead on the field of honor, and accorded to them sepulchral inscriptions. In ancient Rome, where all citizens were obliged to rise and stand during the passage of a magistrate, wives were excused from rendering this mark of respect, for the reason that the exertion and hurry of the movement might be injurious to them in the state in which they were supposed to be. In the kingdom of Pannonia all enceinte women were in such veneration that a man meeting one on the road was obliged, under penalty of a fine, to turn back and accompany and protect her to her place of destination. The Catholic church has in all times exempted pregnant wives from fasts. The Egyptians decreed, and in most Christian countries the law at the present time obtains, that if a woman shall be convicted of an offense the punishment of which is death, the sentence shall not be executed if it be proved that she is pregnant."—*Geo. H. Napheys, M.D.*

Signs of Pregnancy

One of the first signs of pregnancy is that of the cessation of the menses. As a sign, it is not to be de-

pended upon by itself alone. Ceasing to be "unwell" may arise from various causes. In the great majority of cases, however, the menses cease to flow after conception has taken place. One sign, with many women, is an increase in the size of the neck, which usually occurs in a few days after conception.

Sometimes women menstruate during the entire period of gestation. This, of course, is an abnormal condition and should be remedied.

Again, women who have never menstruated have been known to bear children.

Pregnancy seldom takes place under such conditions, but it is not an unusual occurrence for women not to menstruate from one pregnancy to another. This indicates too rapid child-bearing.

Morning Sickness

Morning sickness is regarded as one of the most reliable early symptoms. If it appears at all, it generally occurs within three weeks, and may present itself within a few days after conception. This derangement of the stomach is manifested in various ways. Frequently there is great loathing of food, nausea of a most distressing character, and vomiting of anything taken into the stomach, particularly in the

morning. Many women, however, are never troubled with the morning sickness. There is also in some cases a certain longing for unusual articles of food, and when not gratified in her fancies, the individual exhibits such disappointment that it is certainly better to indulge her vagaries, when not positively injurious. Usually all disturbances of the stomach disappear by the third or fourth month, the appetite becomes regular and the digestion good, and the whole body takes on an appearance of bloom and health.

Urinary Troubles

In the beginning of pregnancy there is often the desire to empty the bladder frequently, or there may be other annoying symptoms. These are chiefly due to the irritation caused by the pressure of the growing uterus against the bladder, and disappear after the first few weeks.

External Signs

Owing to the direct and intimate sympathy existing between the uterus and breasts, pregnancy is generally indicated by changes in the latter organs. They may become somewhat painful and swollen, the nipple is elevated, and the areola, or circle around it, assumes a dark brown hue, and is dotted with small tu-

bercles. The nipple enlarges, and as pregnancy advances milk can be forced from it by pressure. Milk in the breasts, however minute in quantity, is a pretty sure sign, especially in a first pregnancy. Great importance is attached to the increased darkness in the color of the circle around the nipple, and it is a sign which rarely fails; like all presumptive signs of early pregnancy, though it can hardly be relied upon alone.

Besides the changes in the nipple and the enlargement of the breast, the veins look more blue, and the whole substance is firmer and more knotty to the touch.

Enlargement of the abdomen, though an invariable accompaniment of pregnancy, can not positively be relied upon as a symptom, as other causes may produce it; besides, in many cases the development of the abdomen is not observed till rather late.

It may be occasioned by various causes. Instances are quite common where women have made careful preparation for confinement, only to be disappointed by finding they were suffering from some serious disease causing suppression of the menses.

From the third to the eighth month the abdomen continues to enlarge.

Quickening The movements of the child occur from the eighteenth to the twentieth week. Sometimes these motions begin as early as the third month, and then they are a feeble fluttering only, causing unpleasant sensations of fainting and nausea.

The motion of the child is regarded by women of experience as an unfailing sign. But cases are common where the throbbing of a tumor and other causes have been mistaken for fetal movements. Though at first feeble, after a time the motions become more quick and frequent, and a woman is not only able to recognize her condition, but the very period of her pregnancy.

The Fetal Heart In the fifth month there is a sign which, if detected, furnishes clear evidence of conception, and that is the sound of the child's heart. If the ear be placed on the abdomen over the womb, the beating of the fetal heart can sometimes be heard quite plainly; and by the use of a stethoscope, the sounds can be heard still more plainly. This is a very valuable sign, inasmuch as the presence of the child is not only ascertained, but also its position, and whether there are twins or more.

Will It Be a Boy or a Girl, or Twins?

By the use of the stethoscope, during the last three months of pregnancy, may be ascertained the sex of the fetus; even without that instrument, the inquirer, if he possess good hearing, may decide this; for science states that the number of beats to the minute of the fetal male heart is from 120 to 130; those of a female, from 140 to 150. The ear should be pressed firmly against the abdomen. In the same way, if *two* distinct pulse-beats of different rapidity are made out, *twins* may be suspected; especially if two prominences appear in the shape of the abdomen with some depression between; unusual *size* would be merely corroborative and not alone of particular value for a decision.

Other Signs

Some women are afflicted by the appearance of more or less prominent and dark yellowish-brown spots or patches on the face, generally upon the forehead, nose and over the cheek bones. These disappear after the birth.

While before the fifth month there is no one sign that may be depended on with absolute certainty, any person with ordinary powers of observation will have little trouble

in distinguishing pregnancy from other conditions that bear more or less resemblance. After the fetal heart-beat is detected no further difficulty will be experienced, for in that we have a sure sign of pregnancy.

The morning sickness, though a valuable sign, is by no means constant.

Even in the absence of some symptoms, there will not be much trouble, as a rule, to recognize the true condition, especially if the menses have ceased.

Changes in the Mind The most wonderful of all the changes which attend pregnancy are those in the nervous system. The woman is rendered more susceptible, more impressible. Her character is transformed. She is no longer pleasant, confiding, gentle and gay. She becomes hasty, passionate, jealous and bitter. But in those who are naturally fretful and bad-tempered a change for the better is sometimes observed, so that the members of the household learn from experience to hail with delight the mother's pregnancy as a period when clouds and storms give place to sunshine and quietness. In some rare cases, also, pregnancy confers increased force

and elevation to the ideas, and augmented power to the intellect.

To Calculate Time of Birth

If the precise day on which conception took place where known there would be no difficulty in calculating the time that delivery should occur. The usual number of days for the duration of pregnancy is two hundred eighty (280) days or forty (40) weeks. While this is the average, there are undoubtedly cases in which the time is exceeded, or fallen short of, by a few days.

First children are frequently born within less than 280 days; and the fact of a woman giving birth to her first child within a little less than nine months of her marriage, should not necessarily fix upon her the charge of unfaithfulness or bring her virtue into question.

Legitimate Birth

Different countries vary somewhat in their laws affecting the legitimacy of children, though in the main there is not a wide variation. The usual legal time is fixed at nine calendar months, allowing a latitude of a few days on either side. France does not call the legitimacy of a child into question who has been born three

hundred days after the death or absence of the legal parent. According to the laws of Scotland, a child is a bastard who is born later than ten calendar months after the absence of the legal husband.

Unusual Cases

Women about whom there can be no doubt have gone ten months with child, and cases have been reported of eleven, and even twelve months; but these are, of course, very exceptional, and about which some doubt might be entertained. On the contrary, there are many well-authenticated cases of children born seven months after conception. These varying cases have been the cause of much domestic trouble and even of divorces. The question of the extreme limit has always been an important one, interesting not only the parties concerned and the medical men, but bearing also much legal significance.

Where to Commence to Count

It is customary among some women to count from the middle of the month after the appearance of the last menstruation; this is the most usual mode with all in fact, but taking into consideration the process of ovulation, the time during which the egg ripens and leaves the

ovary, it would appear that the period most liable to conception, and therefore the safest to count from, is that closely following or preceding menstruation. It is at those times that the germ from the male is most apt to meet with and impregnate the female egg.

If a woman passes over the ninth month, she will probably go on to the tenth month before delivery takes place.

Healthfulness of Maternity

Thin women become plump during pregnancy; symptoms of poor health often disappear at this time from the lives of many women. Nature seems to gather all her forces to ward off disease, and to guard both mother and child through the great process. *Nothing can be more conducive to the good health of women than occasional child-bearing.* If the reader does not believe this, let him (or her) take a little time to run over in mind the matrons on the one hand, and the spinsters and non-child-bearing wives on the other, and compare the two classes as to health and vigor.

No woman of sense enough to follow the instructions of a proper treatise on child-bearing should make a bugaboo of any of the various stages of maternity, when all the

testimony is so overwhelmingly in favor of its healthfulness.

Premature Births The earliest period that a child can be brought into the world and live is not fully determined. It is a common opinion that a child can not live if born before seven months. But it is well known that sixth month's children *and less* have lived, grown to maturity, and enjoyed good health.

The cases where a child lives when born under seven months are exceedingly rare; but after that age has been reached the chances are, under proper care, much in favor of the child, if well developed.

Miscarriage Miscarriage is most frequent in the earlier months of gestation. Women who have had miscarriage once are liable to experience the same again at about the same time of pregnancy.

Dangers to Mother Wives are too much in the habit of making light of miscarriages. They are much more frequently followed by disease of the womb than are confinements at full term. There is a greater amount of injury done to the parts than in natural labor.

Menstruation soon returns; conception may quickly follow. Unhappily, there is no custom requiring husband and wife to sleep apart for a month after a miscarriage as there is after a confinement. Hence, especially if there be any pre-existing uterine disease, or a predisposition thereto, miscarriage is a serious thing.

Causes of Miscarriage

The irritation of hemorrhoids or straining at stool will sometimes provoke an early expulsion of a child. Excessive intercourse by the newly married is a very frequent cause. Bathing in the ocean has been known to produce it. Nursing is exceedingly apt to do so. It has been shown by a distinguished medical writer that, in a given number of instances, miscarriage occurred in seventeen per cent. of cases in which the woman conceived while nursing, and in only ten per cent. where conception occurs at some other time. A wife, therefore, who suspects herself to be pregnant, should wean her child.

Over-exertion, over-excitement, a fall, a blow, any violent emotion, such as anger, sudden and excessive joy, or fright; running, dancing, horseback riding, riding over rough

roads, great fatigue, lifting heavy weights, purgative medicines, displacement of the womb, general ill-health, are all well-known causes of miscarriage, in addition to those before mentioned.

Prevention The way to prevent miscarriage is to lead a quiet life, particularly during those days of each successive month when, under other circumstances, the woman would menstruate; and to abstain during those days not only from long walks and parties, but also from sexual intercourse.

It is especially desirable to avoid a miscarriage in the first pregnancy, for fear that the habit of miscarrying shall then be set up, which it will be very difficult to eradicate. Therefore newly-married women should carefully avoid all causes which are known to induce the premature expulsion of the child. If it should take place in spite of all precautions, extraordinary care should be exercised in the subsequent pregnancy, to prevent its recurrence.

Interdict sexual intercourse until after the fifth month; for if the pregnancy pass beyond this period, the chances of miscarriage will be much diminished.

If the *symptoms of miscarriage,* which may be expressed in the two words *pain* and *flooding,* should make their appearance, the doctor ought to be sent for at once, the wife awaiting his arrival in a recumbent position. He may even then be able to avert the impending danger. At any rate, his services are as necessary, and often even more so, as in a labor at full term.

CHAPTER VII

PAINLESS PREGNANCY AND CHILDBIRTH

The entire period of time from conception to childbirth is for the wife a most critical time, for only at the cost of great physical suffering and danger does she realize the joys of motherhood. While this statement is world-wide in its application, civilized women of the most highly nervous and intellectual types suffer most, the reason being the pace at which we live in modern days has left a definite impress on womankind, making such drafts on their stores of nervous energy that it has shown in increasing severity of labor pains.

Uses of Pain

Not many at the present day contend that pain in itself is a good thing. It indeed serves a useful purpose in the economy of life, since it warns us of broken laws, but that does not prevent us from making use of every means known to science to alleviate suffering in surgical operations. The discovery of anesthetics is

rightly regarded as one of the greatest achievements of modern science. Many delicate operations, which result in saving of life and restoration of health, would be impossible if the subject could not be rendered unconscious during the operation. But Sir James Simpson declares that, "the total sum of pain attendant upon natural labor is as great, if not greater, than that attendant upon most surgical operations."

Medical Research

This subject has been made the object of much careful research on the part of the medical profession, and valuable treatises have appeared covering the general subject containing directions how to secure a comfortable period of pregnancy and painless delivery. For practical home-life purposes, the hygienic rules to be observed during pregnancy may be summed up as follows: 1. An unconfined and lightly burdened waist. 2. Moderate but persistent outdoor exercise, of which walking is the best form. 3. A plain, unstimulating, chiefly fruit and vegetable diet. 4. Little or no intercourse during the time. These are hygienic rules of benefit under any ordinary conditions; yet they are violated by almost every

"THE HOUSE WE LIVE IN" FOR NINE MONTHS: SHOWING THE AMPLE ROOM PROVIDED BY NATURE WHEN UNCONTRACTED BY INHERITED INFERIORITY OF FORM OR ARTIFICIAL DRESSING

A CONTRACTED PELVIS. DEFORMITY AND INSUFFICIENT SPACE

pregnant woman. If hygienic rules are followed, biliousness, indigestion, constipation, swollen limbs, morning sickness and nausea, all will absent themselves or be much lessened.

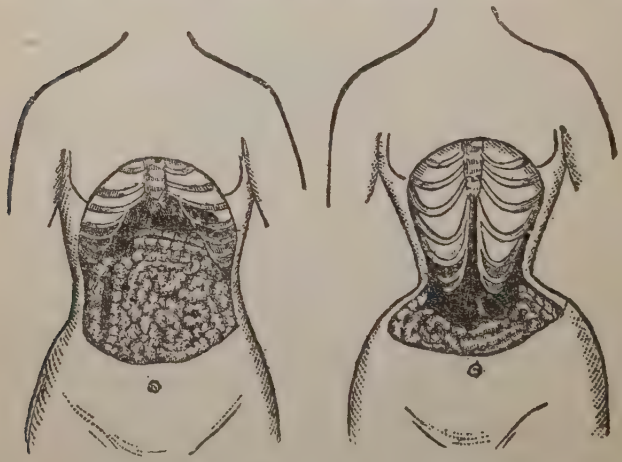
The above is a statement in a "nutshell" of the whole matter of painless childbirth labor; but for emphasis we add some definite information.

Tight Lacing of Mothers No tongue can tell, no finite mind can conceive, the misery tight lacing has produced, nor the number of deaths, directly or indirectly, of young women, bearing mothers and weakly infants it has occasioned.

If the murderous practice continues another generation, it will bury all the middle and upper classes of women and children and leave propagation to the coarse-grained, but healthy, lower class. However, we are glad to add that a reform in this respect has set in of recent years.

Clothing The weight of the skirts should rest entirely on the shoulders by means of straps. No weight or tightness should be permitted on the hips or around the waist.

The amount of clothing should be suited to the season, but increased rather than diminished, owing to the great susceptibility of the system to the vicissitudes of the



A

The ribs of large curve; the lungs large and roomy; the liver, stomach and bowels in their normal position; all with abundant room.

B

The ribs bent almost to angles; the lungs contracted; the liver, stomach and intestines forced down into the pelvis, crowding the womb seriously.

NATURE VERSUS CORSETS, ILLUSTRATED

weather. It is especially important that flannel drawers should be worn during advanced pregnancy, as the loose dress favors the admission of cold air to the unprotected parts of the body.

Care of Lower Limbs Pressure upon the lower limbs, in the neighborhood of the knee or the ankle joint, should be avoided, more particularly toward the last months. It is apt to produce enlargement and knotting of the veins, swelling and ulcers of the legs, by which many women are crippled during their pregnancies, and sometimes through life. Therefore the garters should not be tightly drawn, and gaiters should not be too closely fitted, though they should firmly support the ankle.

Exercise Moderate exercise in the open air is proper and conducive to health during the whole period of pregnancy. It should never be so active nor so prolonged as to induce fatigue. Walking is the best form of exercise. Riding in a badly constructed carriage, or over a rough road, or upon horseback, as well as running, dancing, and lifting or carrying heavy weights, should be scrupulously avoided, being liable to cause rupture, severe flooding and miscarriage. Journeys are not to be taken. Exercise and fresh air are of the greatest importance to mother and child. The mother should not force herself to go to a certain place nor to

walk during a certain time in a day. As soon as fatigue is felt, stop walking. A tendency to indolence must be overcome. A gentle activity is better and beneficial. Toward the end of pregnancy the wife should economize her forces. She should not remain long standing or kneeling, nor sing in either of these postures.

Bathing Those who have not been accustomed to bathing often should not begin the practice during pregnancy, and in any case great care should be exercised during the latter months. It is better to preserve cleanliness by sponging with tepid water than by entire baths. Foot baths are always dangerous. Sea bathing sometimes causes miscarriage, but sea air and the sponging of the body with salt water are beneficial. The shower bath is of course too great a shock to the system, and a very warm bath is too relaxing. In some women of a nervous temperament, a lukewarm bath taken occasionally at night during pregnancy has a calming influence. This is especially the case in the first and last month. But women of a lymphatic temperament and of a relaxed habit of body are always injured by the bath.

Ventilation Attention should also be directed to keeping the atmosphere in the sitting and sleeping rooms of the house fresh. This can only be accomplished by constantly changing it. The doors and windows of every room, while unoccupied, should be kept thrown open in the summertime, and opened sufficiently often in the winter to wash out the apartments several times a day with fresh air. The extremes of heat and cold are to be avoided with equal care. The house should be kept light. Young plants will not grow well in the dark; neither will the young child nor its mother flourish without sunlight. The ancients were so well aware of this that they constructed on the top of each house a solarium, or solar air bath, where they basked daily, in thin attire, in the direct rays of the sun.

Sleep During pregnancy a large amount of sleep is required. It has a sedative influence upon the disturbed nervous system of the mother. It favors, by the calmness of all the functions which attends it, the growth of the fetus. Neither the pursuit of pleasure in the evening, nor the observance of any trite maxims in regard to early rising in the

morning, should be allowed to curtail the hours devoted to sleep. At least eight hours out of the twenty-four can well be spent in bed.

The Mind A tranquil mind is of the first importance to the pregnant woman. Gloomy forebodings should not be encouraged. Pregnancy and labor are not, we repeat, diseased conditions. They are healthful processes, and should be looked upon as such by every woman. Bad labors are very infrequent. It is as foolish to dread them as it is for the railway traveler to give way to misgivings in regard to his safety. Instead of desponding, science bids the woman to look forward with cheerfulness and hope to the joys of maternity.

Food The nourishment taken during pregnancy should be abundant, but not larger in quantity than usual in the early months. Excess in eating or drinking ought to be most carefully avoided. The food is to be taken at shorter intervals than is common, and it should be plain, simple and nutritious. Fatty articles, the coarser vegetables, highly salted and sweet food, if found to disagree, as is often the case, should be abstained from.

The flesh of young animals—as lamb, veal, chicken and fresh fish—is wholesome, and generally agrees with the stomach. Ripe fruits are beneficial. The diet should be varied as much as possible from day to day. The craving which some women have in the night or early morning may be relieved by a biscuit, a little milk, or a cup of coffee. When taken a few hours before rising, they will generally be retained and prove very gratifying, even though the morning sickness be troublesome. Any food or medicine that will confine or derange the bowels is to be forbidden. The taste is, as a rule, a safe guide, and it may be reasonably indulged. But inordinate, capricious desires for improper, noxious articles should, of course, be opposed.

A FEW DON'TS FOR PREGNANT WOMEN

1. Don't permit yourself to become constipated—no, not for one day.

2. Don't permit yourself to become bilious. Use all your hygienic knowledge to keep yourself from becoming so.

3. Don't force your appetite. Let hunger demand the food.

4. Don't be too sedentary in your habits. Take sufficient gentle exercise.

5. Don't overwork or do heavy lifting and the like.

6. Don't overtax the brain or the nervous system. Live a quiet life.

7. Don't in any way confine the temporary home of the little one resting under your heart.

8. Don't eat indigestible or constipating foods.

Use of Anesthetics

Is it possible to avoid the throes of labor, and have children without suffering? Yes. Medical art brings the waters of Lethe to the bedside of woman in her hour of trial.

Anesthetics are now used successfully here as in surgery and other painful cases. Their administration is never pushed so as to produce complete unconsciousness, unless some operation is necessary, but merely so as to diminish sensibility and render the pains endurable. These agents are thus given without injury to the child, and without retarding the labor or exposing the mother to any danger. When properly employed, they induce refreshing sleep, revive

the drooping nervous system, and expedite the delivery.

They should never be used in the absence of the doctor. He alone is competent to give them with safety. In natural, easy and short labor, where the pains are readily borne, they are not required. But in those lingering cases in which the suffering is extreme, and, above all, in those instances where instruments have to be employed, ether and chloroform have a value beyond all price.

Twilight Sleep This is the name of a state of consciousness produced by a judicious use of narcotics whereby the blessings of painless labor are said to be assured. As at present applied, this method can not be successfully employed outside of a well-equipped hospital. It is, however, thought that further development in technic will enable it to be quite extensively employed in private practice.

The Aim Sought The problem is to find a remedy for the pangs of childbirth. Whatever assuages pain has a most beneficial effect on the health of the mother, and what is of equal importance, it lifts the

burden of fear from her mind. Many feel that this problem is something far more than the abolishing of pain. It is rightfully regarded as one of the most important problems of modern times. Rightfully solved, it means more children (increasing birth rate) and healthier children; stronger, more contented and happier mothers, all of which means that the world itself will be better. This is the goal, to achieve which medical science is putting forth its best energies.

CHAPTER VIII

CONFINEMENT

WHERE DID THE BABY COME FROM?

Where did you come from, baby dear?
Out of the everywhere into here.

Where did you get the eyes so blue?
Out of the sky, as I came through.

Where did you get that little tear?
I found it waiting when I got here.

What makes your forehead so smooth and high?
A soft hand stroked it as I went by.

What makes your cheek like a warm, white rose?
I saw something better than anyone knows.

Whence that three-cornered smile of bliss?
Three angels gave me at once a kiss.

Where did you get this pretty ear?
God spoke, and it came out to hear.

Where did you get those arms and hands?
Love made itself into hooks and bands.

Feet, whence did you come, you darling things?
From the same box as the cherub's wings.

How did they all come just to be you?
God thought of *me,* and so I grew.

But, how did you come to us, you dear?
God thought about *you,* and so I am here.

—*George Macdonald.*

Preparation for Confinement Before confinement, before labor really commences, everything pertaining to the proper arrangement of the lying-in room, everything necessary to the safe and successful conduct of the labor, and everything essential to the comfort and welfare of both mother and child, should be in complete and perfect readiness. Let no patient be dilatory in these matters. Nothing, however seemingly unimportant it may be, should be put off to the last moment. The nurse should be engaged six or eight weeks beforehand, and should be a person of good reputation for skill, cleanliness and quiet. Some nurses are slovenly and given to constant gossip and chatter. The physician should also be spoken to. It will be well if the advice of a lady friend of experience in the cares of maternity can be had regarding some of the details of preparation.

Necessary Articles The arrangement of the bed and bedclothing, the dress of the patient, and the many small but necessary articles that should be on hand and ready for immediate use, must all receive their due share of attention. Among other things that

the patient may deem necessary, there should be provided a skein of strong thread, a good pair of scissors, some pure lard or sweet oil; all things, in fact, necessary to the mother or babe should be placed in such order that they can be found without bustle or confusion the moment they are wanted.

The clothing should be perfectly loose, and sufficiently warm to permit the patient to get out of bed if necessary to do so. The following very suitable garments have been recommended: a clean and comfortable nightgown should be put on, and, that it may not become soiled, rolled carefully and smoothly up about the waist when the lady lies down; over this, a short bed-gown reaching to the hips; to meet this a flannel, or, better, a plaited cotton petticoat, is next put on; and over the whole may be worn a dressing gown until taken to the bed.

Dressings for the Bed

There are certain articles of clothing and dressings for the bed that should be cared for in advance, so that they may be ready when required.

It is of consequence to procure a proper bandage. It should be made of heavy muslin, neither too coarse nor too fine; an

ordinarily good quality of unbleached muslin is the best. The material is to be cut bias, about one and a quarter yards long.

The Bed In the preparation of the bed, a rubber, oil or waterproof cloth is necessary. The bed should be made as usual, except that a sheet folded several times ought to be placed beneath the lower sheet. On the top of the lower sheet should be placed the rubber or oil cloth, and on top of this again another folded sheet. By this arrangement the necessity of making up the bed after the birth of the child is obviated, as the soiled clothes can all be removed without disturbing the bed and mother.

A bed used for this purpose should always have a good, firm, smooth mattress, *not feathers.*

Other Preparations As soon as it is evident that labor has begun, warm water should be in readiness. The lying-in chamber should be kept comfortable, quiet and well ventilated.

Persons Present No more people should be allowed in the room than the nature of the case absolutely requires. Should the

husband be present? Yes, if the wife says so; she, in all probability, wants and needs his sympathy and encouragement.

The only other necessary attendants are the doctor and the nurse. Possibly some close, intimate lady friend might be helpful with her sympathy and encouragement. But we insist that all present be cool-headed; it is no place for nervous people.

Position Chosen The position chosen during delivery may be on the back, though some women prefer to lie on their side, with a pillow between the knees; some would rather stand; while others desire to place themselves on their knees during a part of the time. On the left side is undoubtedly the most convenient, though this position may be changed frequently with advantage under different circumstances.

Food During Labor Solid food should be avoided, and nothing in shape of nourishment taken but a little milk, broth or soup. Even these are not desired, usually, unless the labor is protracted and the system weakened.

Spirituous or malt liquors, and stimulating drinks of any kind, are best let alone at this

time, from the danger of their producing congestion or inflammation. A little wine may sometimes be needed in cases of great exhaustion, but if stimulants are required during labor, great caution and discrimination must be exercised in their administration.

Simple cold water is as refreshing as need be, but if lemonade, tea, toast or barley water are preferred, they may be given without fear of evil consequences. A very good beverage during labor is a cup of warm tea; this will be found grateful and refreshing.

As for solid food, it is not only improper at this time, but the patient will usually have no appetite for it, and the stomach will refuse it.

Avoid Constipation

To see that there is now no constipation, no accumulation within the rectum, is a matter of such consequence to the patient that it should under no circumstances be neglected. A free evacuation of the bowels, giving the neighboring parts more room, will very much expedite the progress of labor and abridge the pain.

When the first premonitory symptoms of the approaching labor are noticed, a little castor oil, one or two teaspoonfuls, accord-

ing to the quantity required, may at once be taken if the bowels have been at all costive. If the patient objects to oil, an injection should be prescribed instead. A pint of warm water thrown into the rectum will soon have the desired effect. The bladder, which, when distended, encroaches upon and crowds the adjoining parts, should be often emptied during the progress of labor; by so doing, the patient will have more ease and comfort and her case will be much expedited.

Articles for the Little Stranger

A package of large pins, one and a half inches in length, for the bandage of the mother, and smaller ones for that of the child; some good linen bobbin for the doctor to tie the navel-string; good toilet soap and fine surgical sponge for washing the child; a piece of linen or muslin for dressing the navel; a box of unirritating powder, and a pile of towels, should all be had and laid aside weeks before they are wanted.

These, together with the materials for dressing the bed, the child's clothing, and the mother's bandage, ought to be placed in a basket secured for the purpose, in order that they may be easily and certainly found

at the time when perhaps the hurry and excitement of the moment would render it difficult otherwise to collect them immediately.

Signs of Approaching Labor

One of the earliest of the preliminary signs of the coming on of confinement occurs about two weeks before that event. It is a dropping or subsidence of the womb. The summit of that organ then descends, in most cases, from above to below the umbilicus, and the abdomen becomes smaller. The stomach and lungs are relieved from pressure, the woman breathes more freely, the sense of oppression that troubled her before is lost, and she says she feels comfortable. This feeling of lightness increases, and a few days before the labor she feels so much better that she thinks she will take an extra amount of exercise.

A second sign of labor is found in the increased fullness of the external parts, and more mucus secretions. This symptom is a good one.

Symptoms of Actual Labor

The first symptom of actual labor is generally the discharge of the plug of mucus which has occupied the neck

of the womb up to this time; this action is usually accompanied by a little blood.

Perhaps before this, or it may be some hours after, the *pains* will develop themselves. These recur periodically, at intervals of an hour or half an hour at the outset, and are "grinding" in character. True labor pains are distinguished from false by the fact that they are felt in the back, passing on to the thighs, while false pains are referred to the abdomen; by their intermittent character, and by the steady increase in their frequency and severity. In case of doubt as to their exact nature, the doctor should be summoned, who will be able to determine positively whether or not labor has begun.

Cause of Labor Pains

The contractions of the womb cause the *pains*. This organ is assisted by the abdominal muscles and the diaphragm. It is the effort of nature to expel the child.

Labor Pains

Up to this time the pains have been of a "grinding" character, and the intervals have been long, usually from a half hour to two hours; but soon—the length of time is uncertain—they alter, and

become "bearing down;" they are now more frequent and regular, and the skin becomes hotter and bathed in perspiration.

True labor pains intermit with periods of almost perfect ease; they are also situated in the womb or adjacent parts, especially in the back and loins. They come on at regular intervals, rise gradually to a certain pitch of intensity, and then gradually subside. They are not sharp and abrupt; but are deep, dull and heavy. When they assume the "bearing down" character, the physician's presence becomes very necessary; if the "waters break" before this, he should be summoned at once, even if there are no true pains, as it is essential that he know the exact "presentation" of the child, and whether the umbilical cord or either of the child's arms has descended.

Three Stages of Labor Pains A natural labor is usually divided into three stages, and in order that it may be better understood, we will explain that the *premonitory* or *first stage* comprises the *subsidence* (dropping) *of the womb* and the coming away of the blood-tinged mucus from the vagina, sometimes called the "show." This is in reality the discharge from the mouth of the womb of the plug,

which has up to this time hermetically sealed that organ during gestation. The *second stage* is known by the "grinding" nature of the pains. The mouth of the womb at this time gradually dilates and the pains become more frequent; at about this juncture, usually, the "bag of waters" breaks, or the *liquor amnii* (liquid contents of the *amnion* in which the child has been immersed) escapes. As the pains alter in character to true labor pains and become "bearing down," the *third stage* is indicated, in which nature is making her best efforts to expel the child.

"Bearing Down"

The mother must not strain or bear down either in the first or second stage, for the womb is not then in a condition to expel its contents; any efforts on her part will avail nothing at this time, and will exhaust her strength, which she may greatly need further on. Thus assisting the birth of the child should not be attempted until the last stage, when the bearing-down pains will indicate the time that a little aid on her part may be of service.

Remember, also, that it does no good to attempt aid between intervals of pain. Help nature when she works; rest when nature

rests. Do not attempt to help nature too much. There is some danger of rupture. The doctor ought to know how much help *he* should give.

Nature and Art

Some contend that nature should be left quite alone, as she is perfectly able to bring a child into the world without human assistance. While we have no use for an over-meddlesome attendant, and believe that too much interference is harmful, there are few even natural labors in which a good physician may not render most important service to both mother and child. A physician who merely presents himself at the bedside when the child is born, and barely waits for the expulsion of the afterbirth to take his departure, will hardly be called upon to officiate in a like capacity again in the same family.

It is true that in most cases of natural labor not much assistance is needed; but, in case there should be, the doctor ought by all means to be there to render it. His judgment alone must be depended upon as to the amount of aid required; and whatever interference there should be in the progress of the case must be suggested by his judgment alone,

and by the knowledge he possesses of the matter in hand.

At Birth As soon as the head is born, it should be *immediately* ascertained whether the neck is encircled by the cord. If so, it should be removed or loosened. The neglect of this precaution may result fatally to the infant. It is also of importance at once to allow the entrance of air to the face, to put the finger in the mouth to remove any obstruction which may interfere with inspiration; also lay the babe on its right side, with the head removed from the discharges.

The navel cord should not be tied until the infant is heard to cry or begins to breathe. The ligature is to be applied in the following manner: Tie the cord in two places, first ascertaining that a loop of the child's intestines does not protrude into the cord, as great harm may be done. The first place tied should be about two inches from the navel; the second, four inches from the navel of the child. Midway between these two ligatures cut the cord. Do this with great care. The thread should be strong and wrapped several times around the cord rather tightly, and tied in a good hard knot.

The cord must not be tied and cut until the artery in it ceases to pulsate. But it will, however, cease to pulsate soon after the child begins to breathe.

Attention to the Child When the child is separated from the mother, a warm blanket or piece of flannel should be ready to receive it. In taking hold of the little stranger it may slip out of the hands and be injured. To guard against this accident, which is very apt to occur with awkward or inexperienced persons, always seize the back portion of the neck in the space bounded by the thumb and first finger of one hand, and grasp the thighs with the other. In this way it may be safely carried. It should be transferred, wrapped up in its blanket, to some *secure* place, never put in an armchair where it may be crushed by someone who does not observe that the chair is already occupied. The head of the child should not be so covered as to incur any danger of suffocation.

Attention to the Mother When the afterbirth has come away, the mother should be drawn up a short distance—six or eight inches—in bed, and the sheet that has been pinned

around her, together with the temporary dressing of the bed, removed, a clean folded sheet being introduced under the hips. The parts should be gently washed with warm water and a soft sponge or a cloth.

The anointing of the external and internal parts with goose-grease is soothing and efficient in speedily allaying all irritation. This ought all to be done under cover, to guard against taking cold. The chemise pinned up around the breast should be loosened now. The woman is now ready for the application of the bandage, which is to be put on next to the skin. This will prove very grateful to the mother.

In order to apply the bandage, one-half of its length should be folded into plaits, and the mother should lie on her left side; lay the plaited end of the bandage underneath the left side of the patient, carrying it as far under as possible, and draw the loose end over the abdomen; then let the mother roll over on her back upon the bandage, and draw out the plaited end. The bandage should be first tightened in the middle by a pin. Pins should be placed at intervals of about one inch. The lower portion of the

bandage should be made quite tight, to prevent it from slipping up.

The mother is now ready to be drawn upon the permanent dressing of the bed. This should be done without any exertion on her part. A napkin should be laid smoothly *under* the hips—never folded up—to receive the discharges.

The Doctor's Presence If the doctor be present, some of the minute instructions herein given are unnecessary, as it is *his* place to see to many of the things mentioned, as the care and cutting of the navel cord and the like. But the prospective mother, the nurse and other attendants should make a thorough study of all the particulars in order to be ready for any and all emergencies. The doctor is not always present just at the time when needed.

Bathing the Child The child may now be washed and dressed. Before beginning, everything that is wanted should be close at hand, namely, a basin of warm water, a large quantity of lard or some other oily material, soap of the finest quality, a fine sponge and a basket containing the binder, shirt and other articles of clothing.

What to Do First rub the child's body thoroughly with lard. The covering can only be removed in this way; the use of soap alone will have no effect unless the friction be so great as to take off also the skin. The nurse should take a handful of lard and rub it in with the palm of the hand, particularly in the flexures of the joints. In anointing one part, the others should be covered, to prevent the child taking cold.

If the child is thus made perfectly clean, do not use any soap and water, because the skin is left in a more healthful condition by the lard, and there is risk of the child's taking cold from the evaporation of the water But the face may be washed with soap and water, great care being taken not to let the soap get into the child's eyes, which is one of the most frequent causes of sore eyes in infants.

Dressing the Navel The navel string is now to be dressed. This is done by wrapping it up in a circular piece of soft muslin, well oiled, with a hole in its center. The bandage is next to be applied. The object of its use is to protect the child's abdomen against cold, and to keep the dressing of the

cord in its position. It should be pinned in front, three pins being generally sufficient. The rest of the clothing before enumerated is then put on.

Nursing *The child is now to be applied to the breast at once.* This is to be done for three reasons. First, it very often prevents flooding, which is apt otherwise to occur. Secondly, it tends to prevent milk fever by averting the violent rush of the milk on the third day and the consequent engorgement of the breast and constitutional disturbance. The third reason is, that there is always a secretion in the breast from the first, which it is desirable for the child to have; for it acts as a cathartic, stimulating the liver, and cleansing the bowels from the secretions which fill them at the time of birth.

Manipulating the Breast There is generally sufficient nourishment in the breasts for the child for the first few days. The mother may lie on one side or the other, and receive the child upon the arm of that side upon which she is lying. If the nipple be not perfectly drawn out so that the child can grasp it in its mouth, the difficulty may be overcome by

filling a porter bottle with hot water, emptying it, and then placing the mouth of the bottle immediately over the nipple. This will cause, as the bottle cools, a sufficient amount of suction to elevate the sunken nipple. The bottle should then be removed and the child substituted—a little sugar and water or sweetened milk being applied, if necessary, to tempt the child to take the breast.

Diet of the New Mother

It is necessary to exercise peculiar care as regards the diet at this period. Bread and milk, bread and butter, arrowroot and milk, dry toast and milk, milk toast, gruel, light puddings, roasted apples, broths, beef tea, tea and lemonade, should constitute the chief articles of diet. But little solid food, and nothing stimulating, ought to be taken at least for a few days. The diet can be gradually improved, so that at the end of about the fourth day the usual diet may be returned to, provided it is plain, wholesome and nourishing. Of course it is folly to attempt the restriction of all cases to one class of food, as many women are in a prime condition, barring a little weakness, after their confinement; while others, after a hard and lingering labor, are exceedingly weak. Com-

mon sense should be the guide in these cases, the same as in all others, and if a lady is very weak she should have chicken broth, good strong beef tea, mutton chops, game, eggs, etc., from the very commencement.

No Stimulating Drinks

The doctor should certainly be consulted when there is unusual weakness and debility; and only on his advice should stimulating drinks be given in these particular cases. The best beverages for the first week, in the majority of cases, are milk, barley water, toast and water, gum arabic water, and in some instances, cool lemonade.

The After-Pains

The after-pains of labor, those which come on after the placenta has been expelled, are due to the efforts of the womb to discharge the remaining coagulated blood. Most women experience them, and they are very much like the true labor pains. They are generally felt but a few hours after labor, though sometimes much longer; but as a rule they are seldom, if ever, experienced in first labors. They may be mitigated, though not prevented, either by the application of a hot poultice over the abdomen or cloths wrung out of hot water

and applied in the same manner. An injection into the rectum or vagina of thin starch, to which has been added about twenty drops of laudanum, will frequently give great relief. Gum camphor taken in capsules, in doses of two or three grains, and repeated every two or three hours, will be found of value.

How to Check Flooding

Flooding, or uterine hemorrhage, which may come on during pregnancy or labor, *requires the services of a physician;* but to those who may be placed in an emergency, when the doctor is not at hand, a few simple directions may be of value. The flooding of labor is always troublesome and demands instant attention, as it is sometimes fatal, unless quickly checked.

The chief causes are laceration of the womb, a rupture of one or more of its blood-vessels, or a too early or violent separation of the afterbirth. In many cases it is preceded by a sensation of heat and weight in the pelvis, pains in the back and thighs, headache, dizziness and flushed face. In some instances, however, flooding comes on suddenly and without any warning whatever.

Two Important Remedies

There are two remedies which are always within reach and easy to be applied: they are *pressure* and *cold*. The womb should be grasped and held by the hand on the outside of the abdomen. It can be felt, like a hard, round ball, when it is properly contracted; and when it is not thus felt there is always danger of hemorrhage; non-contraction of the womb is very liable to be followed by flooding. *By firmly grasping the middle of the abdomen, below the navel, at the same time pressing downward and backward,* the womb may be made to contract; and this is what is greatly to be desired. At the same time that the womb is compressed, cold should be vigorously applied, which also aids in the contraction.

A large napkin or towel may be dipped in ice water and dashed suddenly on the external parts, the thighs and lower part of the abdomen, until the womb contracts and the violence of the hemorrhage is controlled.

In addition to these measures, stimulants are sometimes administered; ergot is also usually of great value. Hot water, as hot as it can be borne, instead of cold water, is advised by some physicians to be injected into

the vagina in large quantities. It is claimed for this remedy that it is entirely free from danger and very efficacious.

Restraint During Nursing During lactation (the period of secretion of milk and nursing the infant), few women experience much desire for marital congress, and it is therefore a season calling for great forbearance on the part of the man. Her vital forces seem to be concentrated in the direction of furnishing nourishment to her babe; nature usually suspends the processes of ovulation for the time and makes the wife sterile, which are plain indications that this is a condition intended by nature. It is quite certain that the less intercourse during this whole period, the better for both mother and child.

Advantages of Early Nursing As a rule, the baby should go to its mother's breast, if there is nothing special to prevent, as soon as she has secured a little repose from the fatigue and excitement of labor. Reluctance on the part of mothers to nurse their children is little short of criminal in its cruelty.

Bottle-fed infants have a greatly diminished chance of life, compared with those

nourished at the breast. It is also a vast deal less trouble to feed a baby at nature's fount than to several times a day and night go through all the trouble of procuring and preparing artificial food of even the simplest kind.

Sore Nipples Inflammation of the breast before secretion of milk is rare; afterward, it is frequent. The slightest unusual fullness or knottiness discovered after the infant has been suckling should receive immediate attention.

Symptoms The first symptom is a hardness or knottiness in some part of the organ, which often enlarges before causing pain or uneasiness. Next, increasing pain is felt during suckling. The skin becomes red, tense and shiny, while more or less of the breast feels inelastic, firm, prominent and heavy. The pain becomes severe.

Treatment Great care should be given to the nipple. If it is imperfect, precautions should be taken to prevent the breast itself from becoming involved. If the infant can not draw off the milk, some other means will have to be used. If abrasions, ulcers, cracks or chaps

are visible, some soothing preparation must be applied. The following lotion is excellent: borax, one drachm; glycerine, one-half ounce; rose-water, seven and one-half ounces. Or, a jelly made of gum tragacanth, two to four drachms; lime-water, four ounces; rose-water, three ounces; glycerine, one ounce. If there is much secretion from the glands on the nipple, after washing it, a dry powder of starch, or of oxide of zinc, or carbonate of magnesia, will be useful.

Childbed Fever Childbed fever, briefly described, is a severe and sudden inflammation, usually commencing in the womb, extending to all the adjacent organs of both the pelvic and abdominal cavities, and hastening with great rapidity, if unchecked, to a fatal termination. It usually makes its appearance from the second to the fifth day after delivery, though in rare instances it has been known to commence as early as a few hours, and in other cases as late as two or three weeks after. When it occurs, send for the doctor at once.

Getting Up Too Soon A too early return to the ordinary active duties of life retards or checks restoration to normal size, and the

womb being heavier, exposes the woman to great danger of uterine displacements. Nor are these the only risks incurred by a too hasty renewal of active movements. The surface, the substance, and the lining membrane of the womb are all very liable, while change from its increased to its ordinary bulk is occurring, to take on inflammation after slight exposure. The worst cases of uterine inflammation and ulceration are thus caused.

Be Cautious

A "bad getting up," prolonged debility, pain and excessive discharge are among the least penalties consequent upon imprudence after confinement. It is a mistake to suppose that hard-working women in the lower walks of life attend with impunity to their ordinary duties a few days after confinement. Those who suffer most from falling of the womb and other displacements are the poor, who are obliged to get up on the ninth day and remain upright, standing or walking for many hours with an overweighted womb. If this be true of vigorous women accustomed to a hardy life, how much more apt to suffer from this cause are the delicately nurtured, whose systems are de-

teriorated already, perhaps, and little able to resist any deleterious influences!

A mother should remain in bed for at least two weeks after the birth of the child, and should not return to her household duties under a month; she should also take great pains to protect herself from cold, so as to escape the rheumatic affections to which at this time she is particularly subject.

Rules for Nursing

The newborn child should be nursed about every second hour during the day, and not more than once or twice at night. Too much ardor may be displayed by the young mother in the performance of her duties. Not knowing the fact that an infant quite as frequently cries from being overfed as from want of nourishment, she is apt to give it the breast at every cry, day and night. In this manner her health is broken down, and she is compelled perhaps to wean her child that with more prudence and knowledge she might have continued to nurse without detriment to herself.

Nursing at Night

It is particularly important that the child shall acquire the habit of not requiring the breast more than

once or twice at night. This, with a little perseverance, can readily be accomplished, so that the hours for rest at night, so much needed by the mother, may not be interfered with. Indeed, if the mother does not enjoy good health, it is better for her not to nurse at all at night, but to have the child fed once or twice with a little cow's milk.

Influence of Pregnancy on the Milk Menstruation is ordinarily absent and pregnancy usually impossible during the whole course of nursing, at least during the first nine months. Sometimes, however, mothers become unwell at the expiration of the sixth or seventh month; in rare instances within the first five or six weeks after confinement. When the monthly sickness makes its appearance without any constitutional or local disturbance, it is not apt to interfere with the welfare of the infant. When, on the contrary, the discharge is profuse, and attended with much pain, it may produce colic, vomiting and diarrhea in the nursling. The disturbance in the system of the child ordinarily resulting from pregnancy in the mother is such that, as a rule, it should be at once weaned as soon as it is certain that pregnancy exists. The only exceptions to

this rule are those cases in the city, during the hot months, in which it is impossible either to procure a wet-nurse or to take the child to the country to be weaned. In cold weather an infant should certainly be weaned, if it has attained its fifth or sixth month, and the mother has become pregnant.

Influence of Emotions on the Milk

It is well established that mental emotions are capable of changing the quantity and quality of the milk, and of thus rendering it hurtful and even dangerous to the infant.

The secretion of milk may be entirely stopped by the action of the nervous system. Fear, excited on account of the child which is sick or exposed to accident, will check the flow of milk, which will not return until the little one is restored in safety to the mother's arms. Apprehension felt in regard to a drunken husband has been known to arrest the supply of this fluid.

On the other hand, the secretion is often augmented, as every mother knows, by the *sight* of the child, nay, even by the thought of him, causing a sudden rush of blood to the breast known to nurses as the *draught*. Indeed, a strong desire to furnish milk, together

with the application of the child to the breast, has been effectual in bringing about its secretion in young girls, old women and even men.

Those passions which are generally sources of pleasure, and which when moderately indulged are conducive to health, will, when carried to excess, alter, and even entirely check, the secretion of milk.

Evil Effects of Excitement

But the fact which it is most important to know is that *nervous agitation may so alter the quality of the milk as to make it poisonous.* A fretful temper, fits of anger, grief, anxiety of mind, fear and sudden terror not only lessen the quantity of the milk, but render it thin and unhealthful, inducing disturbances of the child's bowels, diarrhea, griping and fever. Many instances are given of death to the child caused by nursing it while the mother was in great excitement or feat.

Time to Get Up

Figuring the High Cost of Living

CHAPTER IX

THE FAMILY

The sweet singer of old asserted that "children are a heritage of the Lord—happy is the man that hath his quiver full of them." The best experiences of life affirm the truth of this saying. The happy laugh of childhood is the best home music, the graceful figures of children the best statuary.

Limitation of Offspring

Any natural blessing may cease to be a good one. Often fathers feel that their ability to care for and educate children is limited. Mothers who "in sorrow bring forth children" often dread further additions to their flock. Hence arises the query that confronts nearly every married couple—is it possible and is it right to limit the number of offspring?

Nature's Limitations

Nature herself seems to have made provisions for the limitation of offspring. She also warns against the danger of too rapid child-bearing by yielding im-

perfect, feeble and deformed children and allowing the health of the mother to break down.

Natural Safeguards

The safeguard which nature has thrown out against overproduction is by constituting certain periods of woman's life seasons of sterility. Before the age of nubility, during pregnancy and after the change of life they are always barren. During nursing most women are so, but not all. Some even continue their monthly change at this time. There is no absolute certainty that a woman will not conceive then, though the probability is against it.

A so-called *agennetic* or sterile period exists between each monthly change, during the continuance of which it is not possible for the female to conceive. This branch of our subject has attracted much attention of late years, from its practical character, but the conclusions reached have so far not been as satisfactory as we could wish.

Intercourse is more liable to be followed by pregnancy when it occurs about the menstrual epoch than at other times. The exact length of time, however, preceding and following the menses during which impregna-

tion is still possible has not been ascertained. The spermatic fluid, on the one hand, retains its vitality for an unknown period after coition, and the egg for an unknown period after its discharge. The precise extent of the limit of these occurrences is still uncertain, and is probably more or less variable in different individuals.

Those, therefore, who would take advantage of this natural law can do no better than confine themselves to a few days intervening about midway between the monthly epochs. It is proper and right under some circumstances for married people to avail themselves of these provisions of our economy.

When Should Offspring Be Limited?

When the wife is distinctly suffering from overmuch child-bearing; when the children are coming so rapidly that they interfere with each other's nutrition; when a destructive hereditary disease has broken out after marriage; and when the wife can not bear children without serious danger to her life.

Those who coincide with us may urge the objection (and it is a partially valid one), that the observation of these natural periods of sterility does not answer the end in view,

for they are uncertain and inadequate. They are so to some degree, but we believe them to be much more reliable than generally supposed.

Another Remedy

The next refuge is to renounce entirely the conjugal privilege. This is a perfectly allowable and proper course, if it be with mutual consent. The objection nowadays urged against it is that it is too severe a prescription, and consequently valueless. This ought not to be. A man who loves his wife should, in order to save that wife overwork, and misery, and danger of death, and wretchedly constituted children, be able and willing to undergo as much self-denial as his continent bachelor acquaintances do, not out of high devotion, but for motives of economy, indifference, or love of liberty. The man that can not do this, or does not care to do it, certainly does not deserve a very high regard.

But while all this is granted, the question is still constantly put: Is this all? Are there no means by which we can limit our families without either injuring the health, or undergoing a self-martyrdom, to which not one man in a thousand will submit?

Many Methods Yes, there are many methods, but we warn against them all. Most of the artificial means proposed for this purpose can not be used constantly without either failing to accomplish their purpose, or sowing the seeds of disease. Many of them are in the highest degree injurious and reprehensible, and are *certain* to destroy health.

All Under Condemnation The habit of uncompleted intercourse that many adopt must be disapproved on the same grounds. It does violence to nature, and is liable to bring about premature loss of virility, and serious injury to the nervous system.

It is a doubtful question whether any of the appliances of art recommended for this purpose, even if they are innocent in regard to health, are *morally* to be approved. Whether under some rare and exceptionable circumstances—as when women conceive during nursing, or are incapable of bearing children with safety to life—such means are permissible or not, must be left for the medical attendant to determine, and he alone must bear the responsibility of deciding in such cases. But in the majority of marriages, when the avoidance of children is sought

merely to save expense or trouble, or to give greater room for freedom and selfish pleasure, the resort to such means must be unequivocally condemned.

Too Small Families

It has become the fashion for parents to be leading around a solitary, lonely child, or possibly two, it being well understood, talked about, and boasted of, that they are to have no more. The means to prevent it are well understood instrumentalities shamelessly bought and sold, and it is a glory that they are to have no more children.

Conditions in France

A prominent French physician in one of the provincial towns of that country draws a striking picture of the demoralization it has brought about. He shows how the bonds of public morality have been loosened, the sacred institution of marriage converted into legal prostitution, woman sunk in respect, man yielding to unnatural debauches, losing his better impulses to plunge into sensuality, diseases and debility gaining ground, the number of births constantly decreasing, and the nation itself incurring the danger of falling a prey to its rivals through

a want of effective soldiers. The picture is a gloomy one, and is probably but little overdrawn. It has required the horrors of war to arouse the conscience of France.

Conditions in America

If it is true that the native American population is actually dying out, and that year by year the births from couples born in this country are less in proportion than those from couples one or both of whom are of European birth, as many have asserted, then we must seek the explanation of this startling fact either in a premature decay of virility, or a naturally diminished virility in middle life in the husbands, or to an increased tendency to sterility in the wives, or else we must suppose there is a deliberate and widespread agreement between those who are in the bonds of matrimony, that American women shall be childless, or the next thing to it.

Will We Open Our Minds to Honest Conviction?

We know that, in making the foregoing statements, we must of necessity run against the prejudices of many. Very few people are willing to listen to a dispassionate discussion of the propriety or the impropriety of limiting

within certain bounds the number of children in a family.

On the one side are many worthy physicians and pious clergymen that without listening to any arguments, condemn *every* effort to avoid large families.

On the other side are numberless wives and husbands that turn a deaf ear to the warnings of doctors and the thunders of the divines, and, eager to escape responsibility they have assumed, do not hesitate to resort to the most dangerous and immoral means to accomplish their purpose.

Let both parties lay aside prejudice and prepossessions, and examine with us this most important social question in all its bearings.

Too Many Children

Two-thirds of all cases of womb diseases are traceable to child-bearing in feeble women. Every farmer is aware of the necessity of limiting the offspring of domestic animals. How much more severe are the injuries inflicted on the delicate organization of woman!

Puny, Sickly, Short-lived Children

The evils of a too rapid succession of pregnancies are likewise conspicuous in the children. There is no more frequent cause of rickets than this.

Puny, sickly, short-lived offspring follows overproduction. They come to overburden a mother already overwhelmed with progeny. They can not receive at her hands the attention they require. Weakly herself, she brings forth weakly infants. Thus are the accumulated evils of an excessive family manifest.

Another Reason

There are also women to whom pregnancy is a nine months' torture, and others to whom it is nearly certain to prove fatal. Such a condition can not be discovered before marriage, and therefore can not be provided against by a single life. Can such women be asked to immolate themselves?

Hereditary Hindrances

Apart from these considerations, there are certain social relations which have been thought by some to advise small families. When either parent suffers from a disease which is transmissible, and wishes to avoid inflicting misery on an unborn generation, it has been urged that they should avoid children. Such diseases not infrequently manifest themselves after marriage, which is answer enough to the objection that if they did not wish children they should not marry.

John Stuart Mill says: "Little improvement can be expected in morality until producing too large families is regarded with the same feeling as drunkenness, or any other physical excess."

Conflict of Opinions

One says that the wish to limit offspring arises most frequently from an inordinate desire for indulgence. Others affirm most positively that more frequently the wish springs from love of children. The parents seek to avoid having more than they can properly nurture and educate. They do not wish to leave their sons and daughters in want. This second motive, though not the highest, is more common than is usually supposed.

But in most cases this overanxiety for the welfare of the children works evil, for there should never be less than *two* children in a family, perhaps not less than four, if it be possible properly to have them. An intimate friend of the writer expressed his regrets that he had but one child in his family. She is a lovely daughter, but the father thinks it would have been better for his daughter, as well as for the parents, to have had more children.

An Excuse for Self-Indulgence Many men, in trying to find an excuse for self-indulgence, seek it in religion. They insist that the wife should bear all the children possible; that the Bible teaches it; that it is wicked to place any obstruction in the way of bearing children; that "God sends all the children in a family, few or many, in rapid succession or far apart, strong or weak, bright or stupid, good or bad, and preordains their lives."

Suppose the stock-raiser should follow the same plan? It is too absurd for serious consideration.

A Wife's Rights If a woman has a right to decide any question, it certainly is as to how many children she shall bear. Wives have a right to demand of their husbands at least the same consideration which a breeder extends to his stock.

Whenever it becomes unwise that the family should be increased, justice and humanity require that the husband should impose on himself the same restraint that is submitted to by the unmarried.

In short, the generative impulses of man should be placed absolutely under the sway of *right, reason, chastity, forecast* and *justice.*

A Wife's Duty

There are women who require no limitation whatever. They can bear healthy children with rapidity, and suffer no ill results. There are others—and they are the majority—who should use temperance in this as in every other function; and there are a few who should bear no children at all. It is absurd for physicians or theologians to insist that it is either the physical or moral duty of the female to have as many children as she possibly can.

Race Suicide

"Race suicide" is a common expression in our day. It arises from the conditions as indicated in the preceding pages. The birth rate is so low among the native Americans that it is feared by some that the native American stock will ultimately disappear. An appeal to patriotism has been made in this matter.

Not only patriotism, but religion—our duty to God and man—also makes its appeal for larger families.

It is quite clear that patriotism, our duty to God and the race, as well as the happiness of the family relation, demand larger families where both parents are physically, mor-

ally, intellectually, financially and by heredity fitted for parenthood.

Abortion and Miscarriage Abortion is the expulsion of the product of conception at any period of gestation before the fetus becomes viable. Miscarriage is the act of bringing forth before the natural time; premature birth. Criminal abortion is the act of causing abortion, or miscarriage, in a pregnant woman, *unless when necessary* to preserve the life of the mother. Criminal abortion is a crime, punishable by severe penalties in most states and Christian nations. It is extremely dangerous, and exposes the woman to life-long injury, or to death.

Husband the Instigator It is useless to deny or to conceal the fact that in many instances the husband's dislike of a large family, combined with his unwillingness to practice self-denial in regard to his appetites, is the motive that, beyond all others, induces the wife to visit the fashionable aborter, and to destroy the fruit of her womb and imperil her own life and health. This cowardice and brutality on his part can not anywhere find an excuse.

For the woman, enfeebled perhaps by too excessive child-bearing, for which her husband is generally wholly responsible, timid, easily alarmed, prone to mental depression or other disturbance, and dreading the yet safe and preferable labor that awaits her, there is a certain measure of excuse. For her husband, none.

This flagrant abuse is not confined to immoral circles of society, nor to the corrupt atmosphere of our great commercial centers, but extends into remote country hamlets, and throughout all grades of social life. We call upon our readers by example and precept to do their utmost to stem its devastating tide, and, at least in their own families and among their friends, to mete its due reprobation.

Its worst effects are not seen in marriage, though no physician is ignorant how many women in the community suffer from the vile "French pills" and "female regulators" hawked about, as well as from rude instruments in awkward and unfeeling hands. But it is in the impunity that the vicious believe they enjoy, the temptation to indulge in lustful and illegitimate *liaisons,* the weakening

of virtue, that its most serious consequences are manifest.

Feticide is Murder The following is from Dr. Stockham's *Tokology:* "Many women have been taught to think that the child is not viable until after the quickening, and that there is no harm in arresting pregnancy previous to the feeling of motion; others believe that there is no *life* until birth, and the cry of the child is heard. * * * "

Life From Inception When the female germ and the male sperm unite, then is the inception of a new life; all that goes to make up a human being—body, mind and spirit—must be contained in embryo within this minute organism. *Life must be present from the very moment of conception.* If there was no life there could be no conception. At what other period of a human being's existence, either prenatal or postnatal, could the union of soul and body take place?

The Guilty "Is it not plain that the violent or forcible deprivation of existence of the embryo, the removal of it from the citadel of life, is its premature death, and hence the act can be denominated by no milder term

than *murder;* and whoever performs the act, or is accessory to it, in the sight of God and human law, is guilty of the crime of all crimes?"

Grave Responsibilities

There may be no harm or sin in *preventing* conception, but from the moment of conception there are present all the possibilities of a human being. There are the possibilities of a Wesley or a Webster, of a Paul or a Peter; at least, a *man.*

Mother's Love for Her Babe

Again from Dr. Stockham: "The life of the babe in her arms is to the mother more precious than all else; her heart is thrilled with a pang of agony at the thought of the least danger to its life. By what false reasoning does she convince herself that another life, still more dependent upon her for its existence, with equal rights and possibilities, has no claim upon her protection? More than this, she deliberately strikes with the red hand of murder, and terminates its existence with no thought of wrong, nor consciousness of violated law.

An Unnatural Act

"The woman who produces abortion, or allows it to be produced, risks her own health and life in the act, and

commits the highest crime in the calendar, for she takes the life of her own child."

We quote this with approval, believing that every statement is true. The puzzle to us is how any sane person can think otherwise.

CHAPTER X

PRENATAL INFLUENCES—ORIGIN OF LIFE

The Life-Germ

To prepare the germ of a new man or woman is the noblest function of the male; to provide it sustenance and develop it into a human form is the most perfect work of the female.

The life-germ of the human being is, with other ingredients, contained in what is called the spermatic fluid. This is secreted in the appropriate organs of the male. Thence it is transmitted to the female.

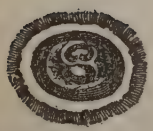
The mysterious process of reproduction evidently consists, in flowering plants, of nothing else than the implantation of a cell-germ, prepared by male organs, in a nidus, or receptacle, adapted to aid its early development; which nidus constitutes the essential part of the female system.

There is now good reason to believe that in no animals is the reproductive apparatus less simple than it is in the higher plants; that is to say, in every instance two sets of organs,

a germ-preparing and a germ-nourishing set are present.

These organs differ much in form and complexity of structure in the various tribes of animals. But their essential functions are the same in all.

Those that are termed male organs prepare and set free certain bodies which, having an



EMBRYO OF 12 TO 14 DAYS LAID OPEN

EMBRYO OF TWENTY-ONE DAYS LAID OPEN

a, a, a, Chorion laid open and secured by pins; *b,* the Embryo with Amnion laid open.

inherent power of motion, have been supposed to be independent animalcules, and are known as spermatozoa. But they can not be independent, as each must unite with an ovum in order to continue its existence; but even then it does not exist as a spermatozoon, but with the egg it forms a new and entirely different being. Thus from the union of a microscopic spermatozoon and an ovum, so

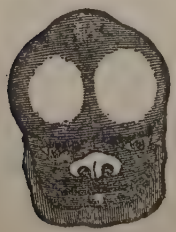
small as to be almost invisible, springs *man,* with all his strength and possibilities.

Same Law in Plants and Animals

The act of fecundation is analogous in animals to the process which takes place in flowering plants. The origin of human beings as the offspring of human beings, is similar to that of all other existences. The reproductive system consists of two sets of organs whose functions are entirely distinct, each performing its office entirely independent of the other. Of course, the part performed by each is such that the condition of the different organisms must, of necessity, affect the child for good or evil.

Transmission of Disease

In preparing the germ, the physical, intellectual and moral conditions of the father must necessarily affect, more or less, its conditions in similar directions. In nourishing and developing that germ, the mother must, necessarily, impart to it her conditions. A healthy mother might, before birth, impart to a diseased germ of a weak and sickly father some degree of health, strength and beauty. Or, a weak and sickly mother may impart disease and



HEAD OF HUMAN EMBRYO
About the end of second month

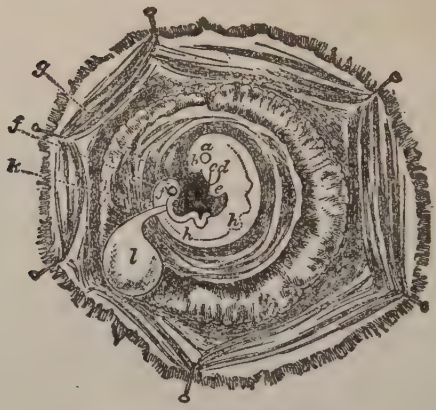
deformity to a healthy germ of a healthy father.

Father and Child

Does the father, in preparing the germ, so impress on it his own conditions of body and soul that these must necessarily be developed in the future child, so as essentially to affect his character and destiny? That he does is certain. Whatever diseases affect the father must also affect the secretions of his system, and none more so than the germs of future human beings. What an obligation, then, rests on every man, to see to it, so far as he can, that the system in which the life-germs of human existence are prepared should be replete with manly beauty, tenderness and power!

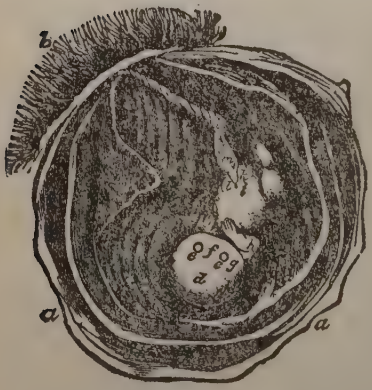
Mother and Child

No less important is the *maternal* relation to the child before birth! She consents to receive the germ into her organism. It is placed in its only proper position for growth. It has an inherent power to attract to itself, from the liquid in which it floats in the womb, materials for growth to body and soul. These elements, which constitute that growth, are prepared in her system from the various substances re-



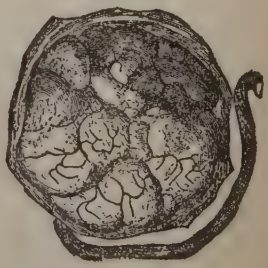
EMBRYO OF THIRTY DAYS

a, Head of Embryo; *b*, Eyes; *c*, Mouth; *d*, Neck; *e*, Chest; *f*, Abdomen; *g*, Extremity of Spine; *h*, *h*, Spinal Arch; *k*, Neck of Umbilical Vesicle; *l*, the Vesicle.



EMBRYO OF FORTY-FIVE DAYS

a, *a*, *a*, Chorion; *b*, Villosities of Placenta; *c*, *c*, Amnion; *d*, Head of Embryo; *e*, Temples; *f*, interval between Eyes or Root of Nose; *h*, the Arms; *i*, the Abdomen; *k*, the Sexual Organs; *l*, *l*, Umbilical Cord; *m*, the internal portion of Cord.



FETAL SIDE OF PLACENTA

MATERNAL SIDE OF PLACENTA

ceived into it from without. That nourishment must be affected by the conditions of the organism in which it is prepared and administered. The energies of her nature are taxed to prepare and administer to the growth of the new being, and should be left as free as possible to do well the work assigned to them. She has taken into herself the germ of a new life in human form, gladly and thankfully, it may be, and by so doing has pledged herself to the future man or woman to confer on him or her health, strength and beauty of body and soul.

Some Questions for the Mother

Does that woman know the intimacy and the power of the relation which she, *voluntarily* it is to be hoped, assumes to that germ, which, under her forming hand, is soon to appear in the form of a man or a woman? Does she know that, from all she takes into her system in the shape of food, drink, air and the like, the living germ is to extract the substance that must go to form the body and soul of the future living being? When she consented to receive that life-germ of immortal spirit into herself, did she ask whether she was prepared to forego all practices and indulgences that

could conflict with the health and perfection of her new charge? Did she ask whether her own organism was in a fit state to receive such a charge, and perform for it the services of a just and loving mother?

Inherited Conditions of Parents

Facts abundantly prove that the inherited conditions of the parent enter into the organic structure and constitutional tendencies of children. Bad conditions are no less likely to be transmitted than good tendencies. Scrofula, consumption, insanity and idiocy are everywhere recognized as capable of being transmitted from parent to children. This knowledge is acted upon, the world over, by all who are interested in improving the quality of all animate existence *beneath man,* and no pains are spared to get healthy offspring. But what encouragement do they offer for the production of the most beautiful, healthy and perfect specimen of the human being?

A Father's Disease: An Illustration

Ponder the following fact: A woman, known in the circle of my friends as healthy, beautiful and highly accomplished, married a man entirely diseased. She had four children. One died in

infancy, a mass of disease; one at seven and one at eleven, each a mass of disease from birth, and having known no cessation from suffering during its brief existence. The one that died at seven had more the countenance of one of seventy, caused solely by intense sufferings. One is now living, but her appearance bears the marks of the diseased state that swept away the others. The father died fearfully diseased; the health of the wife and mother was nearly ruined by the disease of her husband being communicated to her.

Greatest Source of Disease

What greater outrage against nature could a woman commit than to consent to become a mother by such a man? None. Let every man and every woman, as they would live in the love and respect of their offspring, consider well the physical, mental and moral conditions of those with whom they unite, to become the fathers or mothers of their children. It is computed that more human beings die from diseased tendencies, inherited from parents, who themselves had inherited them, than from war, intemperance, slavery, cholera, fevers

and all contagious, adventitious diseases put together.

Acquired Diseases and Tendencies

Many diseases of body and soul are acquired, and inherited diseases are made more malignant, by abuse. Those whose organizations were originally quite sound acquire, by unnatural indulgences, diseased conditions. There are few whose natural tastes do not reject tobacco, alcohol, tea, opium and various other articles of common use, but of great injury when first they are taken. These acquired conditions, both of body and soul, are transmitted.

Illustrations

I know of a man and woman who, as to wealth, move in the highest ranks of fashion. The woman is exceedingly passionate and addicted to strong drink. They had four children. The eldest, greatly deformed by a fall of her mother in a fit of intoxication, previous to birth, died of consumption at eighteen. The second, a dwarf, a mild and gentle one, died at twenty, of consumption. The third was deaf and dumb, and of a malignant temper. The fourth is a demon in temper, and a

drunkard. The mother's conditions were transmitted to her children. She had several miscarriages, caused by intemperate habits.

Another Case

A man and woman, both healthy at marriage, became diseased by abuse of their sexual natures after marriage. He suffered in the lungs; she became deranged in the nervous system and by scrofula. Had five births, the first an abortion produced by sexual abuse during pregnancy. The living children were all diseased with scrofula or consumption, or both. Thus, it is seen, the parents go on reproducing, in their own likeness, scrofula and consumption.

Conditions During Sexual Intercourse

The conditions of the parent or parents, one or both, at the time of sexual intercourse, have a marked influence on the child. The soul should be in its happiest and most perfect state, free from care; the love element in the entire ascendant; every element in the soul of each concentrated in love upon the other. The body, in all its powers and functions, should be full of vigor, free from all weariness or lassitude; not excited by artificial stimulants

of any kind. Conjugal love, when true, is attracted to purity, to beauty, to all that is sweet, tender, pure, delicate. It can have no affinity to coarseness, vulgarity, uncleanness or meanness. Marriage love can do nothing but refine, elevate, beautify and adorn all who come under its influence.

Passion, Not Love

Passion, existing and seeking indulgence without love, as it generally does, is coarse, selfish, polluted and necessarily tends to degrade and profane both body and soul. No woman, instigated by pure love, can be attracted to a man of filthy, disgusting habits, such as essentially belong to those who use tobacco, alcoholic drinks, opium eaters, and those who live under the influence of any artificial stimulants. No man, influenced by pure love, can be attracted as a husband to a woman that lives on artificial excitements. All such, whether men or women, become impure, ugly and necessarily repulsive to true love. The sexual elements in all such become diseased, utterly corrupt and debased, and totally unfitted for the sacred function of reproduction.

Woman, Be Not Defiled

How can a woman consent to become a mother by a man physically and spiritually polluted by tobacco, alcohol or any foul, unnatural appetite and practice? How can a man receive as a wife, and become a father by a woman whose body and soul are filled with enfeebling, polluting disease? Passion, gross sensualism, may bring such together to propagate; but pure, chaste, saving love, never. Pure, chaste love can not be attracted to uncleanness and meanness of body or soul. The offspring of impure, unclean souls and bodies must of necessity be defiled. Insanity, idiocy, anger, revenge and diseases of various kinds and degrees appear in the children born of such unions.

Another Illustration

The following case illustrates the influence of parental conditions, at the time of sexual congress, on the offspring: The wife was a healthy woman, in body and soul—refined and accomplished in heart and intellect, and of great personal grace and beauty. Her husband was a sober, respectable man when she married. He became a sot. Under the influence and excitement of intoxicating drinks, he sought and

obtained personal intercourse with his wife. An idiotic child was the result—hopelessly and helplessly idiotic. The mother attributed the idiocy to the drunkenness of the father, and justly, without doubt.

Drunkards Excluded

No woman, who respects herself or her child, will ever yield to sexual intercourse with a man when he is excited by alcohol, or who habitually or occasionally comes under its influence. *Drunkenness,* in any degree, *should exclude a man or woman from marriage and parental relations.*

May the day soon come when men and women will so respect the function of reproduction that they will shun all food, drink and pursuits of gain or pleasure that tend to injure and disqualify for parentage of healthy children.

Two Sisters

Two young sisters are opposite as the poles in their tendencies; one being fretful, impatient, revengeful and seldom satisfied or in harmony with anything or any person around her; the other is exactly the reverse. Both have the same father and mother. What makes the differ-

ence? The difference in the conditions of the parents at the time of reproduction. The union from which the former derived existence was had when the parents were laboring under pecuniary anxieties and trials that kept them in constant irritation and impatience, and suffering under a sense of wrongs received; that from which the other sprang occurred under circumstances directly the reverse. One will suffer and the other be happy as the result of the different conditions of their parents at the time of conception.

A Mother's Testimony

The following is the testimony of the mother of five children. A stranger asked her one day how it happened that her children manifested such marked difference in their characters. She replied: "I am aware of the difference. It has existed from their birth. They are as different as so many nations. But I know the cause. I can see and feel in each my own mental, affectional and physical conditions at the time of their conception and their birth."

"Mother's Marks"

The effect of the imagination of the mother upon the child before birth is well known. There is hardly any-

one but has known of or seen very remarkable instances where the child has become peculiarly marked as the result of some strange impressions on the mind of the mother. These marks often resemble some object making the impressions. Among many cases may be mentioned that of a lady who had a child covered with hair, with hands shaped very much like the paws of a bear, and which she attributed to having often seen the picture of John the Baptist clothed in a bear's skin. The familiar marks observed on the skins of certain individuals, of different colors, and known by the name of "mother's marks," are attributed to various causes. In many instances they are supposed to have been produced by the mother having longed for some particular thing while pregnant.

Pure Blood Required

In whatever manner the marks are produced, it is a well-known fact that the quality of the mother's blood is very much affected by the state of mind and the various emotions experienced; and as the child must mainly be formed from this blood, its condition is of great consequence to the unborn infant. Joy and a cheerful state of

the mind make the blood rich and pure by accelerating its circulation and thus increasing its nutritive properties. Grief and despondency, on the other hand, cause it to become more or less thin and watery, on account of its circulation being very sluggish; its nutritive properties are, consequently, decreased.

Sexes at Will

It is often a matter of the utmost interest in families to have a child of a particular sex. There is always a disappointment in having a number of children, all either boys or girls. The father, as a rule, takes greater interest in his daughters, the mother in her sons. The ideal family is composed of some of each sex.

Thury's Law

Many different theories have been advanced concerning sex at will, but we have our doubts about the absolute correctness of any of them. Here is what is known as Thury's law:

He found by a series of experiments with different animals that when the male was given at the first signs of heat in the female, the result was a female; but when the male was given at the end of the heat, the result was male offspring.

Physicians constantly observe that if labor comes a few days before "full term," or just at term, the child is more likely to be a female; but if labor is delayed beyond term, which is the same as saying if the conception took place quite a number of days after the cessation of menstruation, then it is more likely to be a boy.

Terry's Theory Terry gives as a tested and proved theory that if the *wife* is in a higher state of sexual vigor and excitement at the time of conception, *boys* will be conceived; but if the reverse is true, girls will be the result.

Dr. Stockham's Idea Alice B. Stockham, M.D., believes that sex is in the soul. In that case, the sex of the offspring must be determined by a law of the soul. The parent whose mental forces previous to and at the time of conception are most active and vigorous controls the sex of the child.

Dr. Fowler's Observation Dr. Fowler says that the greater male power and passion creates boys; female, girls. Conception right after menstruation gives girls, because the female is the most impassioned; later, boys because her waning sexual warmth leaves him the more vigorous.

Dr. Fowler also says that it is thought that impregnation occurring within four days of the closing of the female monthlies produces a girl, because the ovum is yet immature; but that when it occurs after the fourth day from its close, gives a boy, because this egg is now mature; whereas, after about the eighth day this egg dissolves and passes off, so that impregnation is hereby rendered impossible until just before the mother's next monthly period.

Other Observations

Queen bees lay female eggs first, and males afterwards. Mares shown to the stallion late in their periods drop horse colts rather than fillies.—*Nepheys.*

On twenty-two successive occasions I desired to have heifers, and succeeded in every case by giving the male in the first sign of the heat.—*Swiss Breeder.*

Intercourse in from two to six days after the menses produces girls; in from nine to twelve, boys.—*Medical Reporter.*

Other Theories

There are other theories that, it is claimed, have been proven; but all can not be true. Thury's theory is the only one that can be of any practical use to husband and wife.

CHAPTER XI

HEREDITY

Definition of Heredity Heredity is a term applied to that law of living things by which the offspring resembles the parents, the characteristics of one generation being repeated in the succeeding one; or, in other words, the tendency of plants or animals to be in all essential characteristics like their parents.

Two Ideas In the use of the word heredity there are two conceptions in mind: First, a general conception that "like begets like," as grapes are not gathered from thistles, plum trees do not bear apples nor pears, neither do cats produce a family of dogs. Chickens produce chickens from eggs dropped from the body; the cat bears kittens from an egg retained in the body, each after its kind. This is one conception of heredity.

But we also use the word in a more restricted sense.

Different Races of Man

As children we learned that the human family is divided into five general races; later in life we learned that these race features and characteristics are inherited, so that we never look for Indian children from negro parentage, nor Chinamen from Caucasians. These races are again divided and subdivided, so that from the Caucasian or white race one may readily distinguish the different nationalities having their peculiar form and features, traits and characteristics. By these they are distinguished from all other tribes and families. The Irishman is as unlike the German as the Jew is unlike the Swede. The brawny, cautious Scot is the opposite of the vivacious Frenchman, and the sturdy, slow-going Englishman can not sympathize with the irascible Spaniard.

The Bourbon Nose

Then, again, in the use of the word, one recalls those striking peculiarities of the individual, such as the "Bourbon nose," which was repeated in successive generations of the royal family of France; also the inherited musical ability of the Bach family, which, in the range of two

hundred years, produced more than fifty musicians.

It is this last conception—the peculiarity of the individual—of which we desire to speak. Each individual has some distinction of form or feature, mental trait or characteristic, by which we recognize his personality and which makes him unlike every other person. And should he become a parent, he will probably transmit his peculiarities in a modified form to his children, so that people will say, "How much those children resemble their father," or "These children inherited their gift of language from their talented father." (We say in a modified form, because the mother also bequeathes her peculiarities.)

Heredity or Prenatal Influence

We must also note the distinction between the laws of heredity and those of prenatal influences.

Dr. Sidney Barrington Elliot states the difference in this way: "*Heredity* is that law by which *permanent and settled* qualities of the parents or more remote ancestors reappear in the child, while *prenatal influence* signifies the effect produced upon the future being by *temporary* conditions of the parents, as by

temporary mental states (anger, fear, happiness), or by temporary physical conditions (activity, health, exhaustion of a part or of the entire body)."

Like Produces Like

The fundamental law is that "like produces like." Professor Riddell says: "This law is modified by a secondary law, namely, that the *acquired* characters of one generation are transmitted to the next. In a sense these two laws stand in direct opposition to each other. The terms 'fixed characters' and 'acquired characters' must be considered as only relative terms. There are in reality no 'fixed characters' in nature. Through the operation of the primary law the fixed characters of the species are reproduced and their established peculiarities maintained. Through the operation of the second law the acquired characters of each generation are transmitted to the next and become a part of its hereditary nature.

"If the first were the only law of heredity, then the species must remain forever unchanged; both evolution and deterioration would be impossible. If the second law were the only one or even the controlling factor, then the environment and conditions of each

generation would so modify the next as to destroy all established types and finally exterminate the species."

A Musician The following is in a mother's own language: "When I was first pregnant, I wished my offspring to be a musician, so, during the period of that pregnancy, I settled my whole mind on music, and attended every musical entertainment I possibly could. I had my husband, who has a violin, to play for me by the hour. When the child was born, it was a girl who grew and prospered, and finally became an expert musician."

Murderous Intent The mother of a young man who was hanged not long ago was heard to say: "I tried to get rid of him before he was born; and, oh, how I wish now that I had succeeded!" She added that it was the only time she had attempted anything of the sort; but because of home troubles she became desperate, and resolved that her burdens should not be made any greater. Does it not seem probable that the murderous intent, even though of short duration, was communicated to the mind of the child, and resulted in the crime for which he was hanged?

The Assassin of Garfield

Guiteau's father was a man of integrity and considerable intellectual ability. His children were born in quick succession, and the mother was obliged to work very hard. Before this child was born, she resorted to every means, though unsuccessful, to produce abortion. The world knows the result. Guiteau's whole life was full of contradictions. There was little self-controlling power in him, no common sense, and not a vestige of remorse or shame. In his wild imagination he believed himself capable of doing the greatest work and of filling the loftiest station in life. Who will dare question that his mother's effort to destroy him while in embryo was the main cause in bringing him to the level of the brutes?

Caution

Any attempt on the part of the mother to destroy her child before birth is liable, if unsuccessful, to produce murderous tendencies. Even harboring murderous thoughts, whether toward her own child or not, might be followed by similar results.

Inheritance of People of Note

Dr. Lyman Beecher was a leading man in his day. As a scholar and an orator he was a man of force and he transmitted to six of his children such qualities as

made them superior to himself and gave them a national reputation.

The parents of the Wesleys were noted for their scholarly attainments and high moral character.

The Harrison family were noted in four generations for their military achievements or statesmanlike abilities.

Of musical genius, Mozart, Bach, Beethoven, Rossini and Bellini are noted examples of the workings of the laws of heredity.

Inheritance of Crime and Disease

Crime and disease, vice and insanity are inheritances of the human family, as well as virtue and genius. So are blindness and deafness. Scrofula and consumption are known to run in families for generations. The same is true of malformation.

Blindness Inherited

Ribot gives this instance: "In one family blindness was hereditary for three generations, and thirty-seven children and grandchildren became blind between their seventeenth and eighteenth years."

Deafness an Inheritance

Take, for example, the eloquent and tragic story of Chilmarth, on the island of Martha's Vineyard. There,

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A Stormy Scene

Rising to the Occasion

among the first settlers who came, now twelve generations ago, were two deaf persons. Today one in every twenty-five persons in that section is deaf, while a large number of the inhabitants are blind, and several are idiots. A scholarly physician, in a recent essay, referring to this region, observes: "This community, isolated from the outer world, has not only retained its primitive customs and manners, but the physical taint in the original stock has also produced a plenteous harvest of affliction. At Chilmarth the mental and physical progress is downward."

Malformation

From the New York *World* of August 23, 1896, we clip the following sketch of an intensely interesting and queer people who live in the valley of the Cattaraugus, not far from the city of Buffalo, N. Y.:

"NEW YORK'S CLAW-FINGERED PEOPLE.—All the claw-fingered and claw-toed people of Zoar trace their descent from a man named Robbins, who settled there in the early part of the century. His neighbors noticed that his hands and feet were remarkably deformed, being so bent and twisted that they resembled claws more than human hands and feet.

"He was not inclined to talk about the deformity, and it does not appear that he ever explained how he came by it or where he had lived before coming to Zoar. After his deformity reappeared in his descendants, it became the general opinion that he himself inherited it. Some also believed what has now become a tradition in the valley, that Robbins belonged to a well-to-do Eastern family, and that he settled in this almost inaccessible spot because of his deformity.

"Robbins had several children in whom the claw digits appeared, but in a very much modified form. In the third generation, however, the deformity often reappeared in as marked a degree as it had existed in the original Robbins.

"A peculiar thing about this strange heritage is that it is impossible to tell where or in what form it will appear. Sometimes it is inherited from the father, sometimes from the mother; sometimes it appears in all the children of a family, at others in only one or two in a large number.

"Sometimes a father and mother who have well-formed hands and feet will bring up a large family or children, all of them badly

and, perhaps, variously deformed; and, again, parents with unsightly digits will have children in whom no deformity appears."

Alcoholic Heredity

Alcoholic heredity, or the transmission of a special tendency to use spirits or any narcotic to excess, is much more common than is supposed. In the line of direct heredity, or those inebriates whose parents or grandparents used spirits to excess, we find that about one in every three cases can be traced to inebriate ancestors. Quite a large proportion of these parents are moderate or only occasional excessive users of spirits. If the father is a moderate drinker, and the mother a nervous, consumptive woman, or one with a weak, nervous organization, inebriety very often follows in the children. If both parents use wine or beer on the table continuously, temperate, sober children will be the exception. If the mother uses various forms of alcoholic drinks as medicines, or narcotic drugs for real or imaginary purposes, the inebriety of the children is very common. Many cases have been noted of mothers using wine, beer or some form of alcoholic drinks for lung trouble, or other affections, and the children born during this period have been

inebriates, while others born before and after this drinking period have been temperate.

Crime The hereditary nature of the criminal propensity is unquestionable. By this is not meant simply that criminals are children of criminals, but also that they inherit such traits of physical and psychical constitution as naturally lead to crime. Ribot says: "The heredity of the tendency to thieving is so generally admitted that it would be superfluous to bring together here facts which abound in every record of judicial proceedings, to prove it."

Drink Makes Idiots One of the best proven and most disastrous examples of this is seen in children that have been conceived at the time the father was partially intoxicated. There is no doubt whatever that under such circumstances the child is pretty sure either to be *idiotic,* or to have epileptic fits, or to be of a feeble mind and irritable and nervous system.

What a curse does the cup here entail upon the family! Think, oh, father and mother, how horrible to reflect in after years that the idiot owes its wretched existence to the intemperate indulgence of the father!

Alcoholism in France

So serious have become the evils resulting from the use of alcohol by the people of France that the physicians and surgeons of the hospitals have issued a public warning, which is placarded over the country in the hope that it may help to reduce the evils of alcoholism. This placard is distributed by the public powers and posted conspicuously in the public hospitals. It reads, in part, as follows:

"Alcoholics become insane easily and are liable to very painful forms of paralysis. We often treat workingmen who have been very robust and who have become rapidly consumptive because they have regularly taken before each meal their *aperitifs. The children of alcoholic parents are almost always badly formed, weak minded, insane, scrofulous or epileptic. They die often in convulsions.* Criminals are in large part alcoholics or the *children of alcoholics.*" The italics are ours.

Who People Our Almshouses?

In the older portions of our country the examples are abundant where vagabondism, pauperism and crime have run in certain families for generations. In many of our almshouses, for instance, may

be found pauper families of three generations, grandparents, parents and children.

From an annual report of the directors of the poor in the state of Pennsylvania, we find the following:

"Go back to the time when this almshouse was built, and what has become of the children that were there with their parents? Their families are in the almshouse today, grandparents and grandchildren. They are turned out at nineteen and come back again with a family of children, and they grow up and go out only to come back again."

Tendencies These are terrible visitations upon the children of men, and if the actual sins were inherited we should be most miserable. But note this fact: it is only the *tendencies* which are inherited. As Rev. M. T. Lamb says:

"The Scriptures teach that the sins of the fathers are visited upon the children unto the third and fourth generation. But thank God there is no fatalism in the sacred Word, for it is added—'unto the third and fourth generation *of them that hate Me.*' The children are not punished for the sins of the parent except they follow their parent's example—

'hate Me.' Through the mouth of the prophet Ezekiel, God most emphatically protests against the fatalistic proverb—'The fathers have eaten sour grapes and the children's teeth are set on edge.'"

As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel."

Of the tendency to viciousness, Mr. C. Loring Brace, secretary of the Children's Aid Society of New York, says:

"I believe that the tendency to viciousness may exist in the child, but very often it is dormant; the child is not yet old enough to allow it to have been developed. I believe if such a boy were to continue to live in the same environment to which he had been accustomed from birth—associating with the children of his class, many of whom might be worse than himself—I believe that under those circumstances the hereditary taint would, in course of time, show itself. But we get such boys when they are young; we transplant them to a wholesome farm life, where they soon learn something of the amenities of the family and domestic existence. If they had this dormant, hereditary tendency it is

soon eradicated under the new and wholesome conditions in which they are placed."

To Avoid Diseased Children

For what purpose have we brought forward the above facts in regard to inheritance? Merely because of their relation to the important question of prevention. It is this alone which concerns the father who reads these pages, influenced by one of the noblest of all human motives, the desire to benefit his offspring.

The father's care of the health of his child should begin before its birth—nay, before its conception. Proper attention then may avert taints of the system that, once implanted, no medical skill can eradicate. The truth of this statement is recognized by breeders of animals. Mr. Youatt, one of the best authorities upon the breeding of horses, observes: "The first axiom we would lay down is this, *like will produce like;* the progeny will inherit the qualities or the mingled qualities of the parents. We would refer to the subject of diseases, and state our perfect conviction that there is scarcely one by which either of the parents is affected that the foal will not inherit, or, at least, the predisposition to it; *even the consequences of ill usage or hard work*

will descend to the progeny. We have had proof upon proof that blindness, roaring, thick wind, broken wind, curbs, spavins, ringbones and founder have been bequeathed both by the sire and the dam to the offspring. It should likewise be recollected that, although these blemishes may not appear in the immediate progeny, they frequently will in the next generation. Hence the necessity of some knowledge of the parentage both of the sire and dam."

Counteracting Influence

The influence of one parent upon the other in counteracting or intensifying the degree and the certainty with which the physical qualities of one or both are transmitted must be borne in mind. If the same defects be possessed by each parent, they will be quite certain to appear in the children. If only one parent be affected, some or all of the children may escape the inheritance.

It is most fortunate that the tendency of a disease to propagate itself by inheritance is often overpowered by the stronger tendency of a vigorous constitution to impress itself upon the offspring. If it were possible to apply this principle to its fullest extent in

every individual case, by never mating a feeble constitution excepting with one of that healthful vigor best calculated to counteract its transmission, the heritage of disease would, doubtless, soon be unknown.

Hope Held Out

Disease is not eternal. The offspring of sinning fathers are not without all hope. The counteracting influence of one parent over the other with transmission of life, of which we have just spoken, does much to maintain healthful vitality and beauty in spite of the degrading tendencies which may be present. In addition, however, there is a force resident in our nature by which the diseased organization tends to return to health.

Were it not for this beneficent law the human race would rapidly degenerate. The results of its operation can be seen in the faces of the children of squalor and vice that throng the narrow streets and wretched houses of our crowded cities. If, happily, time had not purified the debased organization and restored health, we should look in vain there for that comeliness of features, grace of figure, and strength of limb which are now frequently to be observed. As has been truly said, "the

effects of disease may be for a third or fourth generation, but the laws of health are for a thousand."

The Law of Inheritance Variable

The law of inheritance is a certain but not an invariable one. Its force must not be over-estimated. For if it were always true that the child of a father tainted with insanity or consumption is born with these affections, then moral law would imperatively forbid marriage. It is known that the offspring of a father who has too many or too few fingers sometimes escapes the transmission, when *both parents have not been similarly affected.* As the child inherits the peculiarities of the mother as well as those of the father, there is hope that nature will right itself.

Consumption Inherited

The most cruel of all the maladies which afflict us, *pulmonary consumption* is the one which is most constantly seen in its hereditary form.

That terrible and invincible foe to human life, *cancer,* is a markedly hereditary affliction. Where the taint exists, medical art has few resources either to prevent its transmission or to antagonize its effects.

Other Transmissible Diseases

Gout, asthma and disease of the heart are also transmissible. They are not, of course, exclusively the result of inheritance. They are often developed during the lifetime of individuals whose family record is a clear one. But once having made their appearance in a family, they have a greater or less proneness to recur.

Of all the affections which are transmitted by inheritance, the various *disorders of the nervous system* are the most common. *Hysteria, epilepsy, paralysis* and *insanity* descend from the unhappy parents to the more unhappy offspring.

Insanity

Insanity furnishes another illustration of the greater disease-transmitting power of the mother. It is transmitted about one-third times oftener by her than by the father. Again, also, we have an illustration of the greater influence of the mother over the diseases of her daughters; for when the mother is insane, it does not affect the sons any more than insanity in the father would, but, on the other hand, the danger of the daughters is double what it would be if the father, instead of the mother, were the affected parent.

Laws of Inheritance and Disease

Undoubtedly, judicious marriages would eradicate all hereditary affections. Dr. J. M. Winn, an English physician, who has elaborately studied the nature and treatment of hereditary disease, has drawn up an estimate of the amount of risk incurred under various circumstances, as follows:

"1. If there is a constitutional taint in either father or mother, on *both* sides of the contracting parties, the risk is so great as to amount almost to a certainty that their offspring will inherit some form of disease.

"2. If the constitutional disease is only on *one* side, either directly or collaterally through uncles or aunts, and the contracting parties are both in good bodily health, the risk is diminished one-half, and healthy offspring may be the issue of the marriage.

"3. If there have been no signs of constitutional disease for a whole generation, we can scarcely consider the risk materially lessened, as it so frequently reappears after being in abeyance for a whole generation.

"4. If two whole generations have escaped any symptoms of hereditary disease, we may fairly hope that the danger has passed."

Atavism As a rule, diseases are transmitted directly from the parents to the children, thence to the grandchildren, and so on uninterruptedly from generation to generation. In some cases the transmission takes place from the grandparents to the grandchildren, one generation escaping altogether. This resemblance of a child to its grandparents or great-grandparents, rather than its own father or mother, is known under the scientific name of *atavism*.

It is owing to this influence that disease and deformity, as well as strength and beauty, pass by one generation to appear in another. A child resembles in form or feature its grandfather, or it inherits the epileptic fits or the consumption for which its grandfather is remembered, the father being entirely healthy.

The likeness of a child to its grandparents rather than to its immediate parents is, although a noteworthy fact, one which does not excite much comment from us. But when, as is sometimes the case, the child partakes of the characteristics of a very remote ancestor or of the traits of some far removed representative of a collateral line, descended

from a common progenitor, then a feeling of astonishment arises.

Children Otherwise Injured The children of men who have exhausted themselves by *excesses,* or *solitary vice,* or *insufficient food,* or *severe bodily and mental strain,* are not what they would have been had the father not gone to this excess.

Intellectual Men's Children Very intellectual men rarely have large families, and though to some extent talent is an inheritance, the children of such a parent are apt to be either quite below or quite above the average.

Offspring of Late Marriages The offspring of men that marry late in life usually manifest some signs of the decrepitude which marks their senile father. They are not long-lived, and are rarely healthy. Their teeth and hair fall early, and they are perhaps never conspicuous for sturdy muscles and power of endurance.

Pre-Illness of Either Parent Not unlike are those children which are conceived at a time when the father is recovering from or is threatened with a severe illness. A sound hygiene forbids conception when either par-

ent is physically or mentally unfitted for the act of bringing children into the world. It is not only bad for the parent, but it may bring into the world a child condemned to an early death, or perhaps worse, a lingering and painful life.

The Season of the Year

The season of the year exercises a very manifest action on the secretions of the male element. In domestic and wild animals this is familiar to everyone. To a less extent it is seen in the human race. In England there are about seven per cent. more conceptions during the spring months than during any other quarter of the year. The mortality of infants conceived in the springtime is decidedly less than that of those whose existence commenced at any other period of the year.

It would thus seem that a well-defined law indicates that the male, as a rule, is more capable of perpetuating his species when the icy winter loses its hold of the land and the warm breath of the south wind evokes, as if by magic, sweet violets and gay daffodils from the dark and cold earth.

Learning to Be Useful

The Motherly Instincts of Girlhood

CHAPTER XII

PRENATAL CULTURE

We have considered the law of inheritance by virtue of which physical, mental and moral characteristics of parents tend to reappear in children. We have also considered the results of temporary physical and mental conditions of parents to influence the character of the child. Shall we leave such a powerful influence to the caprice of chance? Or can the mother, with intelligent forethought, set herself to the marvelous, yes, infinitely important, task of shaping the physical and mental characteristics of her forming child so that it will tend to develop in wished-for directions? If she can do this, what wondrous powers are hers!

Influences at Work

There are two potent influences affecting the character of the child. We refer to the power of the mother's imagination over the physical and mental conditions of her unborn infant, and to the

influence of the mother's mind on the child at her breast.

Dr. Brittan, in speaking of the first of these influences known as prenatal, says:

"The singular effects produced on the unborn child by the sudden mental emotions of the mother are remarkable examples of a kind of *electrotyping* on the sensitive surfaces of living forms. It is doubtless true that the mind's action in such cases may increase or diminish the molecular deposits in the several portions of the system. If, for example, there exists in the mother any unusual tendency of the vital forces to the *brain* at the critical period, there will be a similar cerebral development and activity in the offspring."

In illustration and confirmation of this law, the same author gives the following facts:

"A lady who, during the period of gestation, was chiefly employed in reading the poets and in giving form to her daydreams of the ideal world, at the same time gave to her child (in phrenological parlance) large *ideality* and a highly imaginative turn of mind.

"Some time since we met with a youth who had finely molded limbs and a sym-

metrical form throughout. His mother has a large, lean, attenuated frame, that does not offer so much as a single suggestion of the beautiful. The boy is doubtless indebted for his fine form to the presence of a beautiful French lithograph in his mother's sleeping apartment, which presented for her contemplation the faultless form of a naked child."

A Schoolmaster's Testimony

Many years since an old schoolmaster, in the course of his personal experience, observed a remarkable difference in the capacities of children for learning, which was connected with the education and aptitude of their parents; that the children of people accustomed to arithmetic learned figures quicker than those of differently educated persons; while the children of classical scholars more easily learned Latin and Greek; and that, notwithstanding a few striking exceptions, the natural dullness of children born of uneducated parents was proverbial.

Eminent authorities are agreed that conditions influencing a pregnant woman make an indelible impress on the character of her child, modifying and even changing hereditary tendencies.

A Mother's Influence

It is rather too sweeping an assertion to say a mother has within herself the power to bring forth just such a child as she wishes, because not one woman in a thousand has the conditions she wishes for her own physical and mental comfort. The most intimate relation conceivable is that of mother and unborn babe. Each breath she inhales, the food she eats, the emotions she feels, have an immediate effect on the child.

What the Father May Do

The direct influence of the father is received at the time of conception. Not only the hereditary or permanent characteristics but also the condition of his mind and body at that time are transmitted. After that his reflection will come through the mother. All other things being equal for the good of the coming child, it still remains that a healthy germ must come from a strong, clean, upright father before offspring can be such as desired.

What Napoleon's Mother Did for Him

The influence of the mother over the character of the unborn child is often referred to in the case of Napoleon I. Previous to his birth the mother accompanied her husband in expe-

ditions of warfare. She not only became familiar with all the horrors and details of war, but enjoyed it, and herself helped to plan. She was on horse-back in the open air most of the time, and acquired perfect physical health. The babe at that time developing afterwards astounded the world with his genius for warfare.

Dante's Bequest

The life of Dante was molded by the effect a vision had upon the mind of his mother, which is described in the language of Dr. Davis as follows: "During the important period immediately preceding the birth of Dante, his young mother saw a startling vision of grandeur and great depth of significance. She beheld a populated globe of symmetrical proportions rise gradually out of the sea and float in mid-heavens. It was decorated with every conceivable element of natural and artificial beauty. Upon a high and grand mountain, which melted away in the distant horizon and sloped gracefully into lands and lakes that spread out to the left, stood a man with a brilliant countenance whom she knew to be her son. She beheld a precipice of abrupt ascent, like the walls of an immeasurable

gulf with depth unknown. Thereupon she thought she fainted with excess of fright. But the son was as serene as the morning star; and looking again, she saw no evil. After this thrilling and beautiful vision, Dante's mother had only in view the greatness of her unborn child—whose genius as a scholar and poet, as a creator of fancies, is known throughout all lands of civilization."

Burns' Legacy

The mother of Burns gave to him a happy disposition and genius for putting into rhyme the legends and every-day life of the Scotch by the even tenor of her life before his birth. It is said: "It was her frequent pleasure to give wings to the weary hours by chanting old songs and ballads, of which she had a large store."

Character May Be Determined

Such facts seem to establish beyond question the conviction that the mother has it largely in her power, *by the use of suitable means,* to confer on her child (not, indeed, the *knowledge* which she may herself have acquired, but) such a *tendency of mind* and *conformation of brain* as shall not only facilitate the acquisition of knowledge in any specific direction, but make

it morally certain that such knowledge will be sought and acquired.

Not only this, but they indicate also that any desired type of *physical beauty* may be conferred, even where the mother possesses no such quality.

And if this be true in respect to ordinary intellectual abilities and physical features, it must be equally true in regard to extraordinary mental gifts—the qualities of *genius* of every type—and of all *moral* dispositions and *spiritual* tendencies as well.

The following is from the *Arena,* by Mme. Louise Mason:

"At that time I had never known of prenatal influence; I had been warned by an elder sister (my mother dying when I was very young) that I must be very careful not to 'mark' the unborn child by any unpleasant sight—that I must always think of my condition and never put my hands to my face in fright or grief. This was to me a revelation, and I thought, if a child could be 'marked' for evil, why not for good?

"I would often sit alone in my room, overlooking scenes that were pleasant, and, in a peaceful attitude of mind perfectly passive,

desire that my child should be a girl; that she should have a slight figure, chestnut hair and beautiful eyes; that she should be a musician, a singer, and that she should be proficient in everything she undertook; that she should be superior to all those I had ever known. Here is the result: a beautiful woman in mind and body, with chestnut hair, slight physique, and a phenomenal voice—contralto; she is a philosopher, a student in Delsarte, astronomy, astrology, and masters every study; is eloquent and has one of the most amiable dispositions.

"My love for the unborn was so intense that it had created invisible lines which have grown with the years. She has returned that love a thousand-fold. She is all I desired, and more; and I am confident that with mothers educated in the law of prenatal influence, and properly surrounded, we could have gods upon the earth in the forms of men, created by the highest and purest thought. It should not be an intense longing on the part of the mother, but a quiet, passive thought given, that her child should become whatever her heart yearns for; then she should rest in the belief until the thought is

forced upon her again. Be in the open air as much as possible. Do not eat meat; live upon fruit and grain."

Influence of Mind of Mother

There are numerous facts on record which prove that *habitual,* long-continued mental conditions of the mother, at an early period of pregnancy, induce deformity or other abnormal development of the infant.

A Beggar's Hand

Prof. J. Lewis Smith, of Bellevue Hospital Medical College, New York, has met with the following case: An Irishwoman, of strong emotions and superstitions, was passing along a street, in the first months of her pregnancy, when she was accosted by a beggar, who raised her hand, destitute of thumb and fingers, and in "God's name" asked for alms. The woman passed on, but, reflecting in whose name money was asked, felt that she had committed a great sin. Harrassed by the thought of her imaginary sin, so that for weeks, according to her statement, she was distressed by it, she approached her confinement. A female infant was born, otherwise perfect, but lacking the fingers and thumb of one hand. The deformed limb was

on the same side, and it seemed to the mother to resemble precisely that of the beggar.

Purple Swelling on Face

Becoming suddenly alarmed from seeing her husband come with his face swollen by a blow, a pregnant woman bore a girl with a purple swelling upon the same side of the face.

A Streak of Lightning

A pregnant woman known to the writer was much frightened in a storm by a stroke of lightning. Her child bears a zigzag streak upon its forehead, supposed to be caused by the fright.

How Does This Influence Act?

Through the blood of the mother. Only a very delicate membrane separates the vital fluid of the mother from that of the infant in her womb. There is a constant interchange of the blood in its body with that in hers through this exceedingly thin membrane, and thus all nervous impressions which have produced an alteration of either a temporary or permanent character in the circulating fluid of the mother are communicated to the child. Since the mother, as has been shown, can transmit through her blood certain characteristics of mind and body not her own—for instance, a disease

peculiar to a male from her father to her son, or the physical and mental traits of her first husband to the children by her second—it does not seem at all strange that she should through this same medium, her blood, impart other peculiarities which have made a strong impression upon her mind. Anatomy and physiology, therefore, fully explain and account for this seemingly mysterious influence.

CHAPTER XIII

THE NORMAL BABY

Development

An inexperienced mother is often greatly at a loss to know whether a baby is properly thriving or not, and may be unduly alarmed at small matters, or may not understand the serious nature of certain conditions. It may be helpful to mention the leading characteristics of a normal, healthy baby, and the mother may assume the lack of these conditions to show that temporarily or otherwise the baby is not in perfect health:

A steady gain in weight.

Bowel movements of the normal number, color and consistency.

Absence of vomiting or regurgitation of the food.

A good appetite.

A clear skin.

Bright, wide-open eyes.

Alert, springy muscles, which respond readily to any stimulus.

A contented expression.

Very little crying.

Quiet, unbroken sleep, with eyes and mouth tightly closed.

No evidence of pain or discomfort.

A constant growth in stature and intelligence.

Other points in a normal development are:

The soft spot in the top of the head begins to close at fourteen months and should be entirely closed at two years.

The baby learns to hold up his head, unsupported, during the fourth month.

He laughs aloud from the third to the fifth month.

He reaches for toys and holds them from the fifth to the seventh month.

At seven or eight months he is usually able to sit erect and hold the spine upright.

During the ninth and tenth months he makes the first attempts to bear the weight on the feet and can usually stand with assistance at eleven or twelve months.

He begins to walk alone in the twelfth and thirteenth months and walks alone at the fifteenth or sixteenth month.

At one year usually a few words can be spoken, and at the end of the second year the baby makes short sentences.

Children differ in the rapidity of their development, some being slower and some faster; therefore the mother should not be unduly alarmed at variations from this statement, although marked differences should put her on guard.

Teeth The embryonic teeth begin to develop at least six months before birth. It is probable that a nutritious diet for the prospective mother lays the foundation for healthy teeth in the baby and that lack of proper food for the mother may deprive both her own and the baby's teeth of some part of their normal vigor. Every child has two sets of teeth. The first set known as the deciduous or "milk" teeth, are replaced, beginning at about the sixth year, with the permanent or "second" teeth. Nearly all so-called "teething" troubles belong to the first period, as a disturbance is rarely connected with the coming of the permanent set.

At birth each tiny tooth of both sets lies partly imbedded in a cavity of the jawbone, surrounded with and covered by the softer tissues of the gum. As the baby grows, the teeth grow also, and if the baby is healthy they are ready to cut through the gums, be-

ginning at about the seventh month of life. There are twenty of the milk teeth, five in each half jaw. The teeth appear in groups. There are five of these groups, with intervals between their appearance. After the first

LOWER JAW

1. First incisor, six to nine months.
2. Second incisor, twelve to fifteen months.
3. Canine or "stomach," eighteen to twenty-four months.
4. First molar, twelve to fifteen months.
5. Second molar, twenty-four to thirty months.

UPPER JAW

1. First incisor, eight to twelve months.
2. Second incisor, eight to twelve months.
3. Canine or "eye," eighteen to twenty-four months.
4. First molar, fifteen months.
5. Second molar, twenty-four to thirty months.

group there is a pause of five to eight weeks; after the second a pause of one to three months; after the third, one of from two to three months; after the fourth, one of from two to four months. Thus, by the time the

baby is one year old it may have six teeth; at one and one-half years there should be twelve; at two years, sixteen teeth; and at two and one-half years the entire set should be cut. There is considerable variation, both as to the order in which they appear and in the time, so that the mother need not be alarmed if her baby does not follow the average as above stated, but if the baby has no teeth at the end of the first year it can hardly be said to be developing properly. Probably the diet is at fault, or some disease is retarding the growth of the baby in general. In such a case the doctor should be consulted.

Deciduous or "Milk" Teeth

The above illustrations, with the appended notes, show the position of the teeth in the mouth, their names, and the approximate times of their appearances.

This set of teeth is replaced by the permanent set, beginning about the sixth year. A child should be taken to the dentist at this time, if, as sometimes happens, the milk teeth are so firm that they do not fall out, but, remaining in the jaws, crowd back the second set and cause them to come in misshapen and irregular.

Growth of "Milk" Teeth During the second year the baby should have more or less dry, hard foods on which to chew. There is sometimes a tendency to keep a baby too long on an exclusively soft diet for fear that solid food will upset him, but it is important to the development of strong, healthy teeth that they shall have exercise in biting and chewing. Begin by giving the baby of about a year of age some dry, hard crust or toast, or hard crackers, at the end of a regular meal. During the second year, other kinds of food requiring chewing may be gradually added to the diet list and taken as part of the regular meals.

Care of "Milk" Teeth It is generally believed that much of the health of the second teeth depends upon the care that is given to the first set. As soon as the molars make their appearance they should be gently cleaned each day with a soft brush. As the baby grows into childhood he should be taught the daily care of his own teeth.

Ailments of Teething Altogether teething is a natural process and is not alone responsible for all the illness attributed to it, nevertheless, there is no doubt that many babies

suffer severely while cutting their teeth. When the gums are red and swollen it sometimes affords relief if they are lanced, and it may be well to have a doctor examine the baby's mouth to see if the operation is needed. The process of teething is occasionally associated with digestive disturbances. The number of stools may increase and vomiting may occur. The baby may be restless and fretful and try continually to bite on something. In all these cases the quantity and strength of the food should be reduced and drinking water should be offered at frequent intervals. No teething lotions nor medicines of any kind should be given for the relief of the pain of teething. If they do relieve it, it is probably because they contain opium in some form or other narcotic drugs.

There is a dangerous tendency to attribute to teething many ailments which are due to other causes. The teeth begin to appear at about the same time that the baby is being weaned and new foods are being tried. Disturbances of the digestive tract are very likely to occur for these reasons. If the baby cuts his teeth in the summer, his illness may be due to excessive heat, to improper feeding

or overfeeding, and to the pain of cutting the teeth, and it would be difficult to say which factor is chiefly responsible. In any case, careful feeding is of the utmost importance.

The baby should not be expected to gain in weight during these periods of painful eruption of the teeth, but the weight may remain stationary for two or three weeks without harm. The baby should not be urged to eat when he has no appetite, merely for the sake of the desired increase in weight. After the disturbance has passed he will be hungry and will soon regain the lost ground. On the other hand, if the baby is coaxed to take more food than he wants, his digestion is sure to be upset, and this, added to the pain of teething, may result in serious illness. The "second summer" has gained a reputation for being the most critical period of the baby's life, but, as a matter of fact, statistics show that the first summer is a much more hazardous time, and if properly fed and cared for a healthy baby should be brought through the second summer in perfect condition.

Weaning Weaning is the process whereby the baby is gradually deprived of breast

milk. It should proceed slowly, one bottle feeding being substituted for one breast feeding during the day for some time, then two bottles, and so on until all breast feeding has been done away with and the baby is entirely weaned. In order that this change may be accomplished with as little disturbance as possible, one bottle feeding may be given to the baby in twenty-four hours as early as the fifth or sixth month. This will hardly be sufficient to upset the baby's digestion and yet will serve to accustom him to the taste of strange food and to the use of the bottle, and to begin the education of the stomach in dealing with new materials.

When to Wean

In most cases the baby should be weaned by the end of the first year and in some cases from one to three months earlier, depending largely upon the health of the baby, the amount and quality of the breast milk, and upon the time of the year. It is unwise to wean the baby in the heat of summer or when infant illness of any sort is epidemic. It has been proved over and over again that breast milk will save a sick baby's life and restore him to health after the strain of a long, hot summer,

and that often there is no other food that can be relied upon to accomplish the same result. Therefore, even though the breast milk must be supplemented with one or several bottles, it is wise to nurse the baby through the summer so that the breasts will not cease entirely to secrete and may be called on in an emergency. If the baby is weaned at ten months or earlier he may be fed by bottle; if not until the end of the year, he may be taught to drink from a glass or cup directly.

If drinking water has been given by means of a nursing bottle during much of the first year, the baby will take his food in the same way the more readily. A healthy infant weaned at nine months should begin with the food for an infant of four or five months. If he digests this mixture well, the strength can be increased until within two or three weeks he is taking the food full strength. Increase in the diet should be made with special caution at the beginning of summer or during the heat, when there is great danger of inducing diarrhea. *It is far better to keep the baby on rather a low diet, even without increasing his weight, than to upset the intestinal tract by overfeeding.* If after

trying a new food, vomiting occurs or the stools show that there is indigestion, it is always best to return to the weaker food until the disturbance has subsided.

Weaning from the Bottle An artificially fed infant is weaned from the bottle by beginning at ten months to substitute one feeding a day from the spoon or cup for one bottle feeding, gradually increasing the number of such feedings until the baby is weaned, usually by the thirteenth month. The mother will find it a convenience to continue the bottle for the night feedings as long as necessary.

Sleep The infant brain increases in size two and one-half times in the first year, a greater growth than takes place during all the remaining years of life. At the same time this enormous brain development is taking place the other organs of the little body are growing rapidly. During sleep the body tissues are recreated and the energy and materials needed for the activity of the waking hours are stored up. It is manifest, therefore, that the baby must have a correspondingly large allowance of sleep. He should be provided with the best possible

sleeping accommodations, so that the hours of sleep may be of the greatest value to him. He should always sleep in a bed by himself, and whenever possible in a room by himself, where he need not be disturbed by the presence of other persons, and where light, warmth and ventilation may be adjusted to his particular needs. A young baby sleeps eighteen or twenty hours out of twenty-four. At six months of age a baby sleeps about sixteen hours, at one year about fourteen hours, and at two years at least twelve hours. Daytime naps should be continued as long as possible.

Regularity of Sleep

A baby should be trained from the beginning to have the longest period of unbroken sleep at night. Some babies get a wrong start in this respect and make great trouble by turning night into day. A strong argument in favor of the three-hour nursing interval is that it does away largely with the need of waking the baby to nurse. Nature intends that the baby shall awaken when hungry, and this normally occurs about once in three hours in a healthy baby, so that with a little care the regular feeding interval can be made to coincide with the normal

periods of waking. If the baby is still sound asleep when the three-hour period has come around, he should be gently roused and put to breast. This will involve little shock to his nerves, because he will be about ready to waken in any event.

For the first three months the baby will probably sleep both morning and afternoon. As he grows older these two naps will be merged into one, and an effort should be made to have the longest waking interval in the afternoon, gradually training the baby to stay awake long enough at that time to be quite ready to drop off to sleep for the night as soon as he has had his supper. A mother who must prepare and serve the evening meal of the family will find it a great comfort to give the baby his supper at half past five and have him in his crib at six. For the first few months he will be fed again about ten o'clock, but after that he should not be taken up. He must be made comfortable in every way, the light should be put out, the window opened, his covers adapted to the temperature, but after the mother has assured herself that everything essential to his comfort has been attended to, she should not go to

him when he cries, if he is a perfectly healthy baby. A few nights of this training will result in entire comfort for the baby and the family, while the opposite conditions will make the baby a tyrant who ruthlessly spoils the comfort of the entire household.

Temperature of Sleeping Room

For very young or delicate babies the temperature of the sleeping room should be kept at about sixty-five degrees. After the baby is three months old the temperature may be permitted to fall to fifty-five degrees and during the second year to forty-five. Strong and healthy babies are quickly accustomed to cool and even cold sleeping rooms and usually sleep more soundly and keep themselves covered better than when sleeping in warm rooms. In the severe northern winter where the temperature drops many degrees below freezing before morning the baby must wear a flannel nightgown over the cotton one. The sleeves should be pinned together over the ends of the fingers so that the hands will be covered. A very soft flannel nightcap may be needed and heated articles, such as hot-water bottles or bags of sand or salt may be

placed in the bed, great care being taken that they are covered in such a way that the baby can not be burned. The baby should also take his daytime naps in a cold room.

Comfortable sleep during the heated portion of the year is more difficult to secure. The most airy room should be chosen, and all the baby's clothing removed, save the diaper and a very thin cotton gown with loose sleeves. It is better, if possible, to keep the baby out of doors during late afternoon and evening until the rooms have cooled. If there is a screened porch, he may sleep out all night, with sufficient protection from sudden changes in the weather. Out-of-door sleeping in summer, both by night and day, is excellent for the baby after he is a month or two old, provided always that he is protected from flies and mosquitoes, shielded from the sun and wind, and is covered warmly if there is a sudden drop in the temperature. A baby should never be put down to sleep in all his clothes. His shoes, especially, should be removed, and, unless the weather is very cold, it is better to remove the stockings, also. But the baby's feet must always be kept warm.

Disturbed Sleep

If the baby sleeps lightly, wakens often and seems uncomfortable, it may be that something is disturbing him which can be remedied.

He may be nervous from having been tickled, played with, or tossed about in the latter part of the day. Overstimulation is to be avoided at all times, no matter what its source or what the age of the baby.

He may be too warm, too cold, or wet; there may be something scratching him, or there may be wrinkles in the bedclothing; he may be lying in a cramped position, or the band or diaper may be too tight.

Or, more likely, he has been overfed, or has had something unsuitable to eat, or is hungry or thirsty.

The room may be too hot, too cold, too light, too noisy, or not sufficiently aired. The conditions which make sleep a delight to older persons affect the baby in the same way, namely, plenty of fresh air passing in a constant current through the room, quiet, a clean body, and clean, comfortable clothing, a good bed, and suitable coverings.

A cool bath or a warm one, according to the temperature, will help to induce quiet

sleep. In the summer, when the baby is fretful and sleeps restlessly, a tub bath at bedtime will help to relieve him. A little baby should be turned over once or twice in the course of a long nap.

Medicines Never give a baby any sort of medicine to induce sleep. All soothing syrups or other similar preparations contain drugs that are bad for the baby, and many of them are exceedingly dangerous. Many babies die every year from being given such medicines. The baby should never be allowed to go to sleep with anything in the nature of a pacifier in his mouth. Thumb and finger sucking babies will rebel fiercely at being deprived of this comfort when they are going to sleep, but this must be done if the habit is to be broken up. The baby ought to have a quiet place in which to sleep, but he should be taught to sleep through the ordinary household noises, unless they are unduly disturbing. It should not be necessary to walk on tiptoe and talk in whispers while the baby sleeps, provided he has a room to himself during his daytime naps.

HABITS, TRAINING AND DISCIPLINE

Habits are the result of repeated actions. A properly trained baby is not allowed to learn bad habits which must be unlearned later at great cost of time and patience to both mother and babe. The wise mother strives to start the baby right.

Systematic Care

In order to establish good habits in the baby, the mother must first be aware what they are, and then how to induce them. Perhaps the first and most essential good habit is that of regularity. This begins at birth, and applies to all the physical functions of the baby—eating, sleeping and bowel movements. The care of a baby is readily reduced to a system unless he is sick. Such a system is not only one of the greatest factors in keeping the baby well and in training him in a way which will be of value to him all through life, but reduces the work of the mother to the minimum and provides for her certain assured periods of rest and recreation.

As a sample of what is meant by a system in baby care the following plan is suggested,

which may be variously modified to suit particular cases:

Six a. m., baby's first nursing.
Family breakfast; children off to school.
Nine a. m., baby's bath, followed by second nursing.
Baby sleeps until noon.
Twelve to twelve thirty, baby's noon meal.
Out-of-door airing and nap.
Three to three thirty p. m., afternoon nursing.
Period of waking.
Six to seven p. m., baby's supper and bed.

It is quite feasible to have the baby's night meal at eleven thirty or twelve oclock, in order to give the mother a chance to spend an occasional evening in pleasant recreation.

Playing with the Baby

The rule that parents should not play with the baby may seem hard, but it is without doubt a safe one. A young, delicate or nervous baby especially needs rest and quiet and however robust the child, much of the play that is indulged in is more or less harmful. It is a great pleasure to hear the baby laugh and crow in apparent

delight, but often the means used to produce the laughter, such as tickling, punching, or tossing, makes him irritable and restless. It is a regrettable fact that the few minutes of play that the father has when he gets home at night, which is often almost the only time he has with the child, may result in nervous disturbance of the baby and upset his regular habits.

The mother should not kiss the baby directly on the mouth nor permit others to do so, as infections of various kinds are spread in this way. She needs also to be cautioned about rocking the baby, jumping him up and down on her knee, tossing him, shaking his bed or carriage, and, in general, keeping him in constant motion. All these things disturb the baby's nerves and make him more and more dependent upon these attentions. But this is not to say that the baby should be left alone too completely. All babies need "mothering," and should have plenty of it. When the young baby is awake he should frequently be taken up and held quietly in the mother's arms, in a variety of positions, so that no one set of muscles may become overtired. An older child should be taught to

sit on the floor or in his pen or crib during part of his waking hours, or he will be very likely to make too great demands upon the mother's strength. No one who has not tried it realizes how much nervous energy can be consumed in "minding" a baby who can creep or walk about, and who must be continually watched and diverted, and the mother who is taking the baby through this period of his life will need to conserve all her strength, and not waste it in useless forms of activity.

Bad Habits Some of the bad habits which a baby learns are these:

Crying Crying ought not to be classed as a bad habit without some modification, for although a well-trained baby does not cry very much he has no other means of expressing his needs in the early months of life, and his cry ought to be heeded. But when a baby cries simply because he has learned from experience that this brings him what he wants, it is one of the worst habits he can learn, and one which takes all the strength of the mother to break. Crying should cease when the cause has been removed. If the baby cries persistently for no apparent cause, the

mother may suspect illness, pain, hunger or thirst. The first two of these causes will manifest other symptoms, and the actual need for food may be discovered by frequent weighing. But if finally, after careful scrutiny of all these conditions, no cause for the crying can be found, the baby probably wants to be taken up, walked with, played with, rocked or to have a light, or to have someone sit by him—all the result of his having learned that crying will get him what he wants, and sufficient to make a spoiled, fussy baby, and a household tyrant whose continual demands make a slave of the mother. It is difficult to break up this habit after it has once been formed, but it can be done. After the baby's needs have been fully satisfied he should be put down alone and allowed to cry until he goes to sleep. This may sound cruel, and it is very hard for a young mother to do, but it will usually take only a few nights of this discipline to accomplish the result. In some cases persistent crying may be due to causes not readily discernible by the mother; in this event, the opinion of a good doctor as to the cause of the crying should be sought.

"Pacifiers" or "Comforts" The extremely bad habit of sucking on a rubber teat, or a sugar ball, or a bread ball, or any other similar article, is one for which someone else is entirely responsible. The baby does not teach himself this disgusting habit, and he should not have to suffer for it. Some of the evil effects ascribed to this habit are that it spoils the natural arch of the mouth by causing the protrusion of the upper jaw; it induces a constant flow of saliva and keeps the baby drooling; the pacifier is never clean and may readily carry the germs of disease into the baby's mouth; and last and least, it is a habit which is particularly disfiguring to the baby's appearance. The pacifier, of whatever variety, must be destroyed, and no such object should be permitted in the baby's mouth under any circumstances.

Thumb or Finger Sucking This is another habit leading to the same results as the use of pacifiers, but one which the baby may acquire for himself, although it is frequently taught to him. To break up either habit requires resolution and patience on the part of the mother. The thumb or finger must be persistently and constantly removed from the

mouth and the baby's attention diverted to something else. The sleeve may be pinned or sewed down over the fingers of the offending hand for several days and nights, or the hand may be put in a cotton mitten. Ill-tasting applications have very little effect. There are patent articles for holding the hand from the mouth sold in stores, but the persistent covering of the hand often works very well. The baby's hands should be set free now and then, especially if he is old enough to use his hands for his toys, and at meal times, to save as much unnecessary strain on his nerves as possible, but with the approach of sleeping time the hand must be covered.

Bed Wetting It requires great patience and persistence on the mother's part to teach the baby to control the bladder. Some babies may be taught to do this during the day by the end of the first year, but it is ordinarily not until some time during the second year that this is accomplished. It is necessary to put the baby on the chamber at frequent intervals during the day. Bed wetting may be due to some physical weakness if it persists in children three years old and

over. A doctor should be consulted. In ordinary cases, it may suffice if no liquid food is given in the late afternoon and if the baby is taken up the last thing before the mother retires.

Masturbation This is an injurious practice which must be eradicated as soon as discovered, if at all, as it easily grows beyond control. It is as common in girls as in boys. If the mother discovers the baby rubbing its thighs together or rocking backward and forward with its legs crossed, she should divert him at once to some other interest. Nurses sometimes ignorantly rub the genital organs of babies thinking that it quiets them, but nothing could be more deplorable than this. Mothers can not be too watchful of nursemaids and the methods they employ to quiet or amuse a baby. Children are sometimes wrecked for life by habits learned from vicious nurses, and mothers can not guard too strictly against this evil. Another way in which this habit is learned is by means of playthings which rub upon the sensitive parts, such as rocking horses, swings, teeter boards and the like. The habit may also be due to some local irritation, and it is wise to consult

the doctor at the first evidence of the trouble. In the case of babies the treatment consists in mechanical restraints. A thick towel or pad may be used to keep the thighs apart, or at night the hands may have to be restrained by pinning the nightgown sleeves to the bed, on the feet may be tied one to either side of the crib. Wet or soiled diapers should be removed at once. Cleanliness of the parts is of great importance.

Punishment Harsh punishment has no place in the proper upbringing of the baby. A baby knows nothing of right or wrong, but follows his natural inclinations. If these lead him in the wrong direction the mother must be at hand to guide him in another and better one and to divert his eager interest and his energy into wholesome and normal directions. This is the golden rule in the training of babies and one which applies to the training of children of all ages. Many parents conceive that their whole duty is to thwart and forbid, enforcing their prohibitions with penalties of varying degrees of severity, forgetting that they are dealing with a sensitive being endowed with all the desires, inclinations and tendencies that they them-

selves have, and that if these natural feelings are continually suppressed and thwarted they are sure to seek and find some outlet for themselves. A child who is often punished may be so dominated by fear of his parents that the natural expression of his vital interests being denied him, he becomes sullen and morose as he grows older.

Early Training

The training in the use of individual judgment can be begun even in infancy; a child should early be taught to choose certain paths of action for himself; and if he is continually and absolutely forbidden to do this or that he is sometimes seriously handicapped later, because he does not know how to use his own reasoning faculties in making these choices. On the other hand, obedience is one of the most necessary lessons for children to learn. A wise mother will not abuse her privilege in this respect by a too-exacting practice. For the most part she can exert her control otherwise than by commands, and if she does so her authority when exercised will have greater force and instant obedience will be more readily given.

Most of the naughtiness of infancy can be traced to physical causes. Babies who are

fussy, restless and fretful are usually either uncomfortable in some way because they have not been properly fed and taken care of, are sick or ailing, or have been indulged too much. On the other hand, babies who are properly fed, who are kept clean, and have plenty of sleep and fresh air, and who have been trained in regular habits of life, have no cause for being "bad" and are therefore "good."

It must not be forgotten that the period of infancy is a period of education often of greater consequence than any other two years of life. Not only are all the organs and functions given their primary education but the faculties of the mind as well receive those initial impulses that determine very largely their direction and efficiency through life. The first nervous impulse which passes through the baby's eyes, ears, fingers or mouth to the tender brain, makes a pathway for itself; the next time another impulse travels over the same path it deepens the impression of the first. It is because the brain is so sensitive to these impressions in childhood that we remember throughout life things that have happened in our early years while nearer

events are entirely forgotten. If, therefore, these early stimuli are sent in orderly fashion, the habits thus established and also the tendency to form such habits will persist throughout life.

CHAPTER XIV

HOW TO KEEP THE BABY WELL

Care and Home Treatments The suggestions contained in the following pages are not intended to be a substitute for the care and advice of a physician. But since many mothers are so situated as to be unable to command the services of a physician at once and since in any case there may be a delay in his arrival it is well for the mother to understand something of the symptoms of illness and be prepared to deal intelligently with the emergencies that may arise in connection with the care of her children. In all cases of illness the discretion and self-control of the mother are of infinite assistance to the doctor and when the physician's services are not immediately available the life of the child may depend on the coolness and wisdom of the mother.

The old and most pernicious idea that a certain amount of illness is the necessary accompaniment of infant life is happily fast dying. With the constant increase in the

knowledge of the conditions that lead to sickness among children, it is seen that a very large proportion of such illnesses and deaths are preventable by the application of the well-established rules for the proper care of babies. *It should therefore be the aim of all intelligent mothers to learn how to save their children from needless illness.*

It is said that nine-tenths of all infant illness is due to improper feeding. Whether this is the exact proportion or not, it is quite certain that many babies suffer unnecessarily from mistakes in diet, and it is in this field that the intelligence of the mother is of the greatest value. Babies are usually born healthy, and if they are fed at the breast, or, when this is not possible, with strict regard to the rules for proper artificial feeding, and if they are given hygienic care in other respects and allowed to develop in a natural, normal way, there is little reason why they should be sick, and the responsibility for this rests finally upon the parents. In the following paragraphs is given some account of the minor ailments that may attack babies, together with a brief description of the symptoms of more serious illness

at the appearance of which medical advice should be sought whenever possible.

Most of these suggestions apply as well to older children, as there is no hard and fast boundary line to separate the ailments of infancy from those of childhood.

COMMON AILMENTS

Diarrhea The normal, healthy baby usually has one or two stools a day. If the number increases to four or more the mother should be on her guard against diarrhea. Diarrhea is a symptom of nearly all the disturbances of digestion in infancy, both of the mild and of the severe types. The doctor should be consulted at once if possible, for even a slight attack of diarrhea, unless correctly treated, may lead to a severe disturbance such as cholera infantum. Diarrhea is far more frequent in summer than in winter. This is chiefly because the baby is directly affected by the hot weather so that he is more easily upset by his food. Therefore in hot summer weather all babies, and especially bottle-fed babies, should receive especial care. They should be kept as cool as possible. They should be outdoors except when

it is cooler indoors; all unnecessary clothes should be removed, a band and diaper being sufficient clothing; frequent cool sponge baths should be given, and the amount of food on especially hot days should be reduced to two-thirds of the ordinary amount, large quantities of water being given in addition.

The disease is more frequent in bottle-fed babies. If it occurs in a nursing baby it is usually because the baby has been nursed too often or at irregular intervals, or has been given food other than milk. Extend the nursing interval and allow the baby to nurse only five or ten minutes. If the trouble continues withhold the breast altogether for some hours until there is an improvement. Give a little water to drink now and then.

For bottle-fed babies, if the disturbance is slight, the amount of milk used in the feedings should be reduced by half, skimmed and all sugar omitted. If the trouble is more severe, all food should be stopped, only plain boiled water should be given, and a physician should be consulted at once.

A baby takes some time to get back to full vigor after even a slight digestive disturbance, and the return to food must be

gradual. It will take from ten days to two weeks to restore the normal condition of the digestive tract. A second attack of illness occurs much more readily than the original one.

Constipation A nursing baby often responds to this condition in the mother. The mother should have a free evacuation of the bowels each day. If she is regular and the baby is still constipated, he must be held over the chamber at exactly the same hour every day in the effort to induce regular movements. Persistence in the establishment of a regular bowel habit in the baby prevents much of this trouble. Orange juice may be given once a day an hour before his midmorning feeding after the baby is six months old. Other remedies are suggested in connection with the treatment of the bottle-fed baby.

Constipation in a bottle-fed baby is more difficult to relieve. After the baby is five or six months old, oatmeal gruel may be found useful in this condition, and fruit juices as well. Orange juice may be given at five or six months and the strained pulp of prunes or baked apple in the second year. Massage

of the abdomen may be tried. Just before holding the baby over the chamber, undress him as much as necessary and let him lie on his back. Moisten the hand in warm olive oil, albolene or vaseline, and gently massage the abdomen, using a light circular movement and very little pressure. Begin just above the right groin, carry the hand to the ribs, then across the body and down on the left side. Keep this up for five or ten minutes, but do not let the baby become chilled.

Enemas are not to be commonly employed. If resorted to frequently they cause the bowel muscle to lose its tone and soften and dilate the bowel wall. The ideal treatment consists in the education of the intestine in the regular, unaided performance of its natural function, which is best achieved by persistence in a suitable diet. Do not give drugs for the relief of this condition, save under the doctor's direction.

If the baby is constipated, a soap stick or a gluten suppository may be tried. Take a piece of firm white soap half an inch thick and about two inches long and shave it down toward one end until the point is about one-quarter of an inch thick and perfectly smooth.

Wet the soap stick or dip it in vaseline before using it. Hold the stick by the thick end, insert the other end in the anus, and allow it to remain in one or two minutes. Gluten suppositories may be purchased at a drug store and are accompanied by directions for their use.

If the baby is badly constipated and needs relief at once, an enema may have to be used. For a baby six months old or over use a pint of warm water (ninety-five degrees) in which a teaspoonful of common salt has been dissolved, and half as much or less for young babies. Or if the constipation is especially severe, one to two tablespoonfuls of warm olive oil may be used instead of the salt solution.

To give an enema, use an infant syringe, which is merely a rubber bulb with a nozzle on one end. To fill it, squeeze the bulb while holding the nozzle under water; when the bulb is released it will fill with water by suction. Let the baby lie on his back across the mother's lap, having the buttocks somewhat elevated by means of a folded towel placed under the hips. This position will cause the water to run up into the bowel

more readily and serve to catch any drip. Lift the baby's feet with the left hand and with the right introduce the nozzle, which has been greased with vaseline, inside the anus (the opening to the bowel), directing it toward the back. The operation will cause the baby little or no suffering if gently and slowly performed, although if he is badly constipated the starting of the movement may be somewhat painful. When the liquid has been injected, remove the nozzle and press the towel against the opening to the bowel to retain the water until the baby can be placed over the chamber. As the enema sometimes comes away as the nozzle is withdrawn, the mother's clothing should be well protected. If a fountain syringe must be used, the bag should be held hardly higher than the baby, or the water will have too great force.

Hiccough This is a spasm of the diaphragm. In infants it is usually due to an irritation of the stomach caused by overfilling the stomach or by swallowing air with the food. In some cases it may be brought on as the result of a sudden exposure to cold. Care should be taken to avoid these causes. When the trouble is in progress, gentle massage of the

abdomen or placing the baby face downward across the mother's lap will sometimes afford relief. A few drops of water to drink may help.

Colic This is caused by indigestion due to overfeeding, improper feeding, or too frequent feeding. The bowel is distended by gas, giving rise to severe pain. The baby cries sharply, alternately drawing its legs up to the body, then kicking them away. One of the best means of relief is a small enema of warm water, which will serve to relieve the pain by driving out the gas from the intestine. The feet and legs should be kept very warm, and the abdomen may be massaged with warm oil. Do not feed the baby while the attack lasts. Though the introduction of warm milk into the stomach may quiet the baby temporarily, the pain will return with greater intensity. Warm water may be given if the baby will swallow it. Colic is peculiarly an ailment of young babies and usually disappears by the third or fourth month. It is also very common in breast-fed babies. Constipated babies are more liable to it than others, and attention should be given to remedying this condition

as a method of preventing colic. Colic is also caused by cold, and if the baby has been chilled in any way it is well to place him in a warm bath for five or ten minutes, wrapping him warmly after taking him out of the water. The temperature of the bath should be about one hundred degrees.

Convulsions This is, to the mother, one of the most alarming illnesses of infancy. It is always a symptom of some disturbance and the cause may be slight or very serious. Accordingly, in case any sort of twitching or convulsive motions are noticed, it is wise to send at once for a doctor. If a convulsion occurs before the doctor comes, keep the baby as quiet as possible, with cold cloths to the head. An enema of warm, soapy water may be given. Have plenty of hot water ready so that the doctor may give a hot bath if he desires. Constipation is one of the causes of convulsions, and it is most important to keep the bowels freely open if a child shows a tendency to this trouble. Do not feel alarm if the physician administers chloroform, but never attempt its use yourself, as the slightest error in its administration may prove fatal.

Croup Catarrhal croup is one of the most alarming diseases of childhood, but it is practically never fatal. It is believed that children with enlarged tonsils and adenoids are more subject to it than others. The onset is very sudden. The child goes to bed apparently in good health and wakens a few hours later with a hoarse, metallic cough most alarming to mothers, and loud, difficult breathing.

The baby should be taken up and warmly wrapped. The room should be made very warm and a kettle of water set to boil. If the house is piped with water, the hot water may be turned on in the bathroom or kitchen, all the doors and windows closed, and the hot, moist atmosphere will soon cause the paroxysm to relax. If kettles of water must be used, the steam will be more effective if confined under a tent made from a large umbrella or a sheet thrown over the crib. A gas or alcohol stove may be used to keep the kettle boiling. There is a "croup kettle" on the market which is very convenient. It has a long spout which carries the steam where it is needed. Mild attacks of croup will often yield to the application of warm,

moist cloths about the throat, using great care not to burn the baby's flesh. When possible, the doctor should be summoned in order to make sure that the baby is not suffering from laryngeal diphtheria.

When the attack is over, all damp clothing should be removed and the room very gradually cooled, the child being kept warmly covered. Children who show a croupy tendency should be invigorated by much out-of-door life, nutritious food, daily cold sponging over the neck and throat, and should be examined for adenoids.

Cold in the Head

This ailment is particularly annoying to babies, because the obstruction of the nasal passages, making breathing difficult, greatly interferes with the ease of nursing. Serious complications may also follow a bad cold. These include bronchitis, pneumonia, tonsilitis and abscess of the middle ear. A cold is a germ disease and very contagious. As far as possible, babies should be kept away from those suffering with this trouble, as it may be conveyed by a cough or a sneeze from the person affected. When a mother has a "cold," she should avoid kissing the baby or breathing directly

in his face or using her handkerchief in his care. A nursing mother who has a cold should cover her nose and mouth with a thin gauze or veil while the baby is at her breast. Paper napkins, which may be purchased for a few cents a hundred, are a great resource at such a time, as they may be freely used and then burned. If the baby becomes infected, a few drops of albolene placed in each nostril by means of a medicine dropper will relieve the baby very much. The bowels should be kept open, and if there is fever the food should be reduced. Keep the baby in a room the temperature of which does not vary greatly during the twenty-four hours, but provide plenty of fresh air. Babies who live out of doors, who are fed properly and not too heavily dressed, are much less liable to colds than others. It is wise to keep careful watch over a baby thus affected, as certain contagious diseases appear first as a cold in the head.

Prickly Heat This disease is due to the heat of summer, or to unduly heavy underclothing. It manifests itself in a fine red rash which comes when the baby is overheated and fades away under cooler condi-

tions. The rash often shows itself first on the back of the neck and spreads over the head and shoulders. It is a very annoying trouble and makes the baby fretful and restless.

If the rash appears in cold weather, the baby is too warmly dressed. Heavy flannels are to be avoided, and a thin cotton or silk garment should be worn next to the skin. When it is caused by summer heat, the baby should be made as cool as possible, dressed in the thinnest clothing, and frequently bathed in cool water. Soap should never be used on an inflamed skin, but a starch, bran or soda bath will help to relieve the intense itching. Ointments are not so soothing in this condition as powders. A satisfactory powder is made by mixing one ounce each of powdered starch and powdered oxide of zinc with sixty grains of boric acid. Any druggist will make this up, and it should be used freely over the inflamed spots.

Chafing A fat baby is very apt to become chafed in the folds and creases of the skin, especially about the buttocks, where it is due to wet diapers or to those which have been washed with some irritating soap powder or

not thoroughly rinsed. Chafed flesh should not have soap used upon it. Starch or bran water may be tried. Keep the skin clean and use the powder above recommended. In obstinate cases, clean with fresh olive oil only, using no water.

Eczema This is one of the most persistent and annoying afflictions of babyhood. It is characterized by a swollen, reddened skin, often covered with tiny pimples or crusts, sometimes having a watery discharge; at other times dry and scaly. Some babies have a predisposition to the disease, and in them a slight cause is sufficient to produce it. A baby's skin is very delicate, and any irritation, such as chapping from exposure to cold wind or the use of hard water or strong soap, may lead to eczema, or it may be caused by woolen underclothing, starched bonnets and strings, or unclean diapers. The disease is also caused by digestive troubles due to overfeeding, and often appears in constipated babies. These causes suggest the measures needed for its prevention.

The disease should be treated by a physician, as it is very persistent and must have careful and constant attention. Neither soap

nor plain water should be used on the affected parts, which are usually the head and face. Bran or starch water may be used if necessary.

All liquors should be excluded from the diet of a nursing mother, the amount of meat reduced, and her out-of-door exercise increased. For the babies fed on cows' milk the diet should be much reduced, both in quantity and strength, and in older children the starchy foods restricted, potatoes and oatmeal being forbidden. It is of the greatest importance that the child has a free bowel movement every day.

To allay the itching, smear the surfaces with an application made of equal parts of limewater and sweet almond oil, or cover them with a starch and boric acid powder. It is most important that the baby shall not scratch the inflamed skin, and to prevent it pasteboard splints may be bound lightly about the baby's elbows with strips of cotton. It will thus be impossible for him to get his hands to his face, while having their free use for other purposes. A doctor's help and advice are greatly needed in this disease.

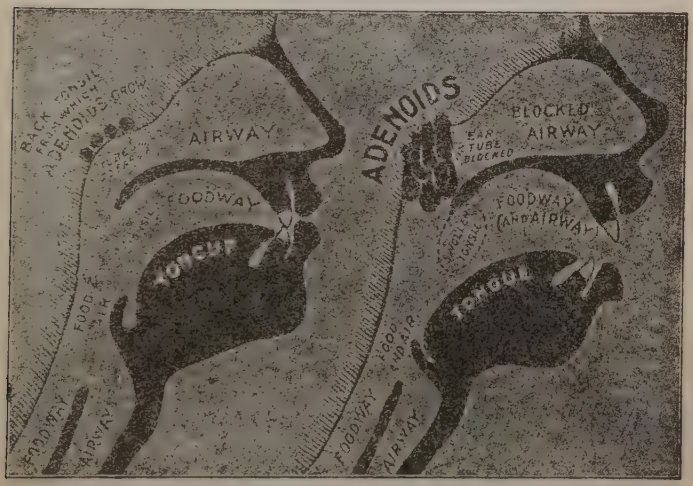
Milk Crust Yellowish, scaly patches sometimes form on a baby's scalp. To remove, anoint with oil or vaseline at night and wash with warm water and pure soap in the morning, but do not attempt to force the crust away. If it does not all come off, repeat the operation as many times as needed, but on no account use a comb or any hard instrument to remove it, as it is very easy to start eczema in such a way if the skin is broken.

Rickets This disease, characterized by imperfect development of the bones, is probably due to faulty food and improper living conditions. Breast-fed babies are rarely affected, although the baby of a nursing mother whose diet is poor, insufficient or improper may have the disease. Feeding on condensed milk and proprietary foods is thought to be one of its causes. Prevention consists in giving the baby suitable food, fresh air and plenty of sunshine, and the same measures will bring about the cure. The symptoms of this disease are bowlegs, prominent abdomen, restless sleep, a perspiring head, weakness and tenderness of the flesh. The disease may usually be arrested by prompt treatment at the start. Medical advice should be sought.

Scurvy This disease is characterized by bleeding gums, great tenderness of the extremities, pallor and fretfulness, and is probably due to improper diet. Suitable food and good care usually bring about immediate improvement. Fruit juices are needed, but they must be of an amount and kind suited to the child's age, and the case should be brought to the attention of a doctor, who will direct the treatment.

Adenoids and Enlarged Tonsils The symptoms which indicate that a baby is suffering from adenoids are restless sleep, snoring, snuffling, sleeping with the mouth open and inability to nurse properly. All these conditions are due to the fact that these enlarged tissues partially close the nasal and throat air passages so that the baby can not breathe freely. Later the same causes may lead to deafness and other defects, which very seriously hinder the child's growth, both of body and mind. All babies who show any signs of trouble of this kind should be examined by a competent physician, who will decide how early the operation for the removal of these growths may be performed. Children suffer so seriously from this disease that no

parent should be willing to have a child start out under such a handicap. In the hands of a careful surgeon the operation is a slight one, and in many cases the relief is immediate. The illustration on this page, taken from the New Zealand pamphlet on



the *Feeding and Care of the Baby,* shows how the air passages are blocked by adenoid growths and how the hearing may be affected by the partial closing of the tube leading to the ear.

CONTAGIOUS DISEASES

Happily, nursing infants are less liable to these diseases than older children; still babies

have them to a considerable extent. The general symptoms of this class of diseases are fever, vomiting, persistent discharges from the nose, reddened eyes, sore throat and skin rashes. If such symptoms appear, the child should be kept away from other children and the doctor summoned at once.

Measles This disease is never to be regarded as of small consequence, and it is particularly fatal in the first year of life. It is especially to be avoided on account of the complications which may accompany or follow it. Some of these possible complications are bronchitis, pneumonia, tuberculosis or troubles with the kidneys, eyes or ears. The disease first appears as a cold in the head. The eyes are red, swollen and watery; there is running at the nose, and the throat is dry. This stage is followed by a cough and at last, usually after three or four days, the skin breaks out in a profuse rash, which, if it is a mild case, fades away in a few days. The child will be drowsy and fretful and should be kept in bed until the eruption is over.

The eyes are apt to be sensitive in this disease and the crib should be turned so that

the baby will not face the windows. It is so essential to have a constant and generous supply of fresh air for the little patient that the windows should not be darkened, as by doing this the ventilation will be cut off to a large extent. Additional protection for the eyes may be secured by placing a dark screen about the crib.

The baby should be covered warmly in cold weather. A liquid diet will be the rule. This, however, and all the medical treatment should be under the direction of a physician, whose care is especially needed to save the child from the complications of the disease.

Whooping Cough

Few illnesses to which infants and young children are liable are more dangerous than this, and the greatest pains should be taken to protect them from this infection. It is frequently fatal, and at best it is an exhausting disease, often very obstinate, and it may be followed by other distressing sicknesses, such as bronchitis, pneumonia and tuberculosis. The disease shows the symptoms of a cold in the head, accompanied by a cough, which gradually grows worse, until the characteristic whooping sound appears. The attack lasts from

three to eight weeks but often leaves behind it a bronchitis which may persist all winter, if the attack has occurred in the fall. The child should be kept out of doors as much as possible, being protected against cold and exposure by suitable clothing and shelter. Indoors the windows should be open day and night. The bowels should move every day, and the diet should be light but nutritious. Medical advice should always be secured, as under the best treatment the course of the disease may be shortened and the danger of complications greatly lessened. Parents of children suffering from this and other contagious diseases are usually legally and always morally bound to recognize the menace which their sick child is to the well children about, and to respect all necessary precautions and to maintain such quarantine measures as will protect others from exposure. It is believed that this disease, as well as many other contagious diseases, is chiefly communicated by the discharges of the mouth, nose and throat. Therefore, children suffering from it should, when old enough, use paper napkins for handkerchiefs, and should be urged to use them

freely and taught to burn them or put them where they may be burned at once. The mother should use them in the care of the baby. It would undoubtedly save much of the spread of contagious disease if the use of single-service paper handkerchiefs were obligatory in schools.

Pillow cases, towels and napkins used about the patient may carry the germs from his nose and throat, and should never be used for anyone else until they have been thoroughly disinfected by boiling.

Syphilis This disease is one of the most serious with which children can be affected, and, if it is to be cured, involves long and persistent treatment. The prevention of this disease is of first importance. In the vast majority of cases babies are infected from their own parents, and any control of this scourge can be brought about only through the education of parents in their responsibility in this matter. If syphilis makes its appearance in one baby, thoughtful parents will undergo the necessary treatment and see to it that they are both entirely free from the disease, as indicated by the most delicate tests, before permitting themselves to pro-

duce another child. The baby should also undergo treatment for his own sake and to prevent infection of others.

Tuberculosis This is one of the common and fatal diseases of childhood. Prevention is of the greatest importance. Babies and children should be protected from infection by every possible means. The germs are distributed from the sputum of those suffering from the disease, and infants usually contract it from an infected parent or caretaker. The germ may be directly conveyed by kissing or by coughing or sneezing in the baby's face, by using an infected handkerchief for the child, and in other ways. These and other similar ways of infecting the baby suggest the care that is necessary to prevent it. Fresh air, sunshine and good food are indispensable, both in the prevention of the disease and in its treatment. A tuberculous mother should never attempt to nurse her baby. In case the mother has the disease, both mother and child should live constantly out of doors, and whenever possible city families among whom the disease exists should remove to the country, where the conditions are most favorable to out-of-

door life. Public agencies for the relief and prevention of the disease exist in nearly all states, and should be appealed to for instruction and advice.

Hookworm Disease

This disease belongs especially to the southern part of the United States, but travel and the movement of population are distributing it more or less widely. It prevails particularly in sandy soils and in country districts and is caused by a tiny worm which grows in polluted soil and is taken into the body through the skin. Among children the worm finds its way into the body usually through the soles of bare feet. Possibly, also, it is taken into the body in drinking water or on uncooked vegetables, such as salads. The worm is particularly active just after a rain or a heavy dew and in warm, moist places. This disease is manifested by dry hair, tallowlike skin, paleness, headache, swollen abdomen, sores on the legs and the like. There will be little red, swollen places where the worm enters the flesh. The disease usually responds promptly to medical treatment, and if a child is discovered scratching his toes or feet he should be taken at once to a physician.

The spread of the hookworm is due to the pollution of the soil by the use of open privies or by the scattering of the bowel movements of persons infected with the worm. The use of sanitary closets is absolutely necessary if the disease is to be controlled.

Vulvo-vaginitis The principal signs of the disease are a yellowish white vaginal discharge. There is apt to be some redness of the parts, and if the discharge is profuse, the adjacent skin of the thighs may be reddened by irritation. The baby should be taken to the doctor at the first appearance of the symptoms.

It is a very contagious disease which is spreading with alarming rapidity throughout the country. When one little girl contracts it there is grave danger of its being transmitted to every other little girl in the house. Only absolute separation, not only of the infected child but of all of her clothing, her towels, wash cloths, soap, etc., can prevent its spread. The hands of the mother should have a thorough scrubbing with soap and brush and should then be washed in a disinfecting solution.

Under no circumstances should the infected child sleep with any member of the household. Great care must be taken not to carry the disease to the eyes, either of mother or baby, by the fingers. The mother must not touch her own or the baby's face until her hands have been cleansed as above, and she must continually guard the baby against doing so. The baby should wear a vulval pad as long as the discharge lasts.

All the infected child's clothing should be placed in a disinfecting solution and then boiled.

Trachoma This is a dangerous infectious disease of the eyes which is spreading alarmingly in certain parts of the country and which is responsible for much blindness. It is first shown by swollen, reddened lids with a discharge of pus from the eyes, which are highly sensitive to the light.

The disease spreads from one person to another by the use of a common washbasin, towels, handkerchiefs and the like, so that children and even infants are as likely to be infected as grown persons. There can never be any effective control over this and many other diseases until parents generally learn

what is required, not only for their cure, but, most of all, for their prevention.

When trachoma appears or is suspected in a community, parents should appeal to the local health authorities and other physicians to see that the proper measures are undertaken for the treatment of these and the prevention of other cases, and state authorities may be called upon as well.

GENERAL HEALTH CONDITIONS

Germs Infectious diseases are due to harmful germs or microscopic plants of very simple structure, which are present in the excretions of persons suffering with such diseases, and may be transferred by flies or other means to milk, water and other foods. Disease germs are removed by disinfection, which means simply cleanliness. Sunshine, fresh air, hot water and soap are the best ordinary disinfectants. If there is contagious illness in the house, or if some member of the family has inflamed eyes, or a sore or wound of any sort to be dressed, the mother should scrub her hands thoroughly in hot water, using plenty of soap and a stiff brush. In addition she should dip them in alcohol

or some other disinfecting solution. She should thus cleanse her hands both before and after attending to the sore part, to prevent carrying any harmful germ to the wound or to her own or another's eyes or body.

Flies Some forms of infantile diarrhea and other diseases are caused by germs which may be carried about by flies. It is therefore of great importance to the health and the life of every baby not only to protect him from flies but to keep them away from his food, dishes and utensils. To accomplish this all the doors and windows should be screened, and when the baby is taken out of doors he should be protected, especially while asleep. For this purpose a screened bed of some sort is necessary.

The conditions which favor the growth of flies should be done away with to the greatest possible extent. The favorite breeding ground of the common housefly is in horse manure, and with the partial elimination of the horse by the extensive use of automobiles and the consequent decrease of stables the number of flies has noticeably diminished. One stable, however, will furnish flies enough

to infest a considerable district, and in most of our cities at the present time there are stringent regulations regarding the care and disposal of manure which it is to the interest of every health-loving citizen to assist the authorities in enforcing. Since the period required to produce a full-grown fly from the egg is about eight days, the manure should be disposed of at least as often as once a week. When this can not be done, it should be disinfected with Paris green, borax, copperas, or cresol solutions to kill the maggots. Recent experiments indicate that borax is the best and cheapest disinfectant for this purpose.

After the flies have hatched they seek feeding places, which they find in uncovered garbage pails, foul drains, privies and in decaying matter of every sort, as well as in the household food which may have been left exposed. Walking over the food, they leave a trail of dirt, including often the germs of disease, such as typhoid fever or dysentery, which may thus be conveyed into the human system. Garbage and refuse of all sorts, rubbish heaps, decaying matter and anything which gives rise to foul odors should be cov-

ered, disinfected or removed. Most important of all, however, is the substitution of sanitary privies for the kind in ordinary use in the country. If the flies can be kept away from human excretions they lose much of their power to harm, as they will not then be brought into contact with germs of typhoid fever and other diseases so communicated. Privies should be screened, with closed closets, the contents of which must be completely buried when removed.

Patent Medicines Attention has already been called to the danger of giving medicines to babies and children save under competent medical advice, but it is well to emphasize this prohibition particularly in regard to proprietary preparations. Numerous widely advertised nostrums, frequently sold as "soothing" syrups and preparations claiming to cure the ills of teething, diarrhea, coughs, colds and the like, often contain dangerous drugs, and many children have lost their lives by being given such medicines. There is evidence to show that children who are repeatedly dosed, but who survive the dosing, sometimes learn to crave these quieting drugs. They are restless and irritable after the effect

of the drug wears off and remain so until it is repeated, the drug habit being thus formed in the same way as with grown people. If urged to use a patent medicine, the mother should always examine the label very carefully, for the Federal food and drugs act requires the manufacturers of patent medicines to print on the label of the bottle the amount or proportion of certain dangerous drugs that may be present in the so-called "remedy." Drugs enumerated in the law are: Alcohol, morphin, opium, cocain, heroin, alpha or beta eucain, chloroform, cannabis indica, chloral hydrate or acetanilid, or any derivative or preparation of any such substance contained therein.

If the names of any of these drugs or derivatives of them, some of which are laudanum, paregoric, Dover's powder, codein, dionin, chlorodyne, hypnal, acetphenetidin, lactophenin, phenacetin, antipyrin, analgesin, antikamnia, orangeine and phenalgin appear on the label, or if extravagant claims are made in the advertisements as to the power of the medicine to cure a large number of diseases, the mother should be on her guard against the "remedy."

In addition to these medicines, a great many proprietary articles are on the market, which, although not falling within the provisions of this act, since they do not contain the specified drugs, nevertheless may do much harm, as they contain sugars, syrups, flavoring materials and other substances which are very likely to upset the digestion of the baby.

Vaccination Babies should be vaccinated before teething begins. There is less disturbance from it earlier than later, provided the baby is healthy. A suitable time is at from three to six months of age. The sore made by vaccination should not be covered by any shield which is impervious to air, but must be lightly protected. Various methods are used by physicians, but one of the simplest is to cover it with a loose wide bandage of sterile gauze, or old linen (recently boiled, to make it perfectly clean). An old handkerchief makes a good bandage, and any of these may be sewed or pinned inside the sleeve. If the bandage becomes wet with the discharge from the sore and sticks to the scab, it should not be pulled off, but the cloth may be cut away around it and

a small piece left adhering. The bandage should be changed once or twice a day, or as often as necessary to keep the wound perfectly clean.

To Take the Temperature Place the baby face downward on the mother's lap with his head to her left. With the right hand slowly insert the bulb end of a clinical thermometer, which has been first dipped in vaseline, in the anus (the opening of the bowel). Direct it toward the back and hold it in four minutes. At least two-thirds of the length of an ordinary clinical thermometer should be visible. Great care must be taken to hold the baby's legs so firmly that the thermometer is not broken.

Cleanly Habits Children should be taught very early that it is not safe to use a handkerchief that has been used by someone else, and for similar reasons the use of individual towels and wash cloths should be insisted upon.

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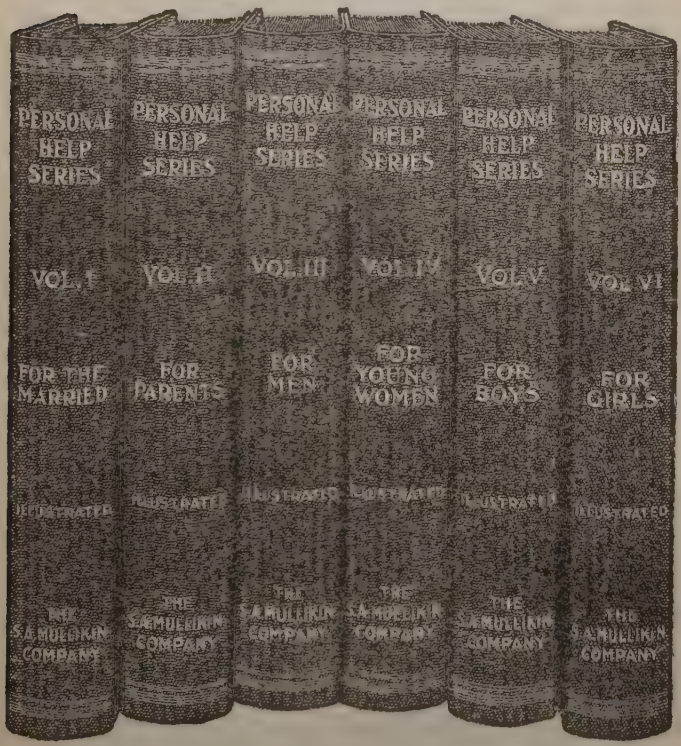

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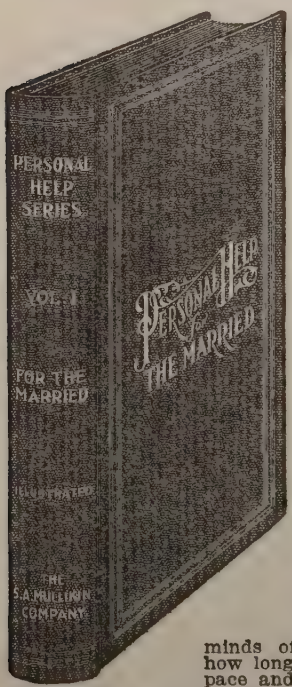

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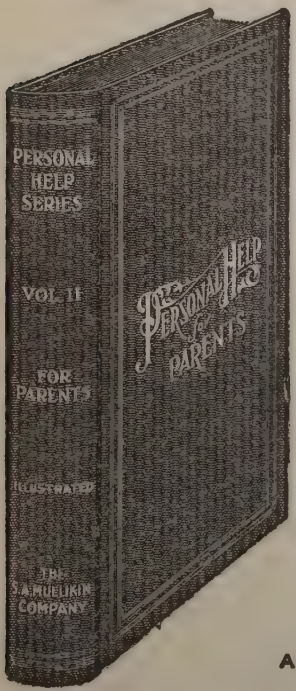

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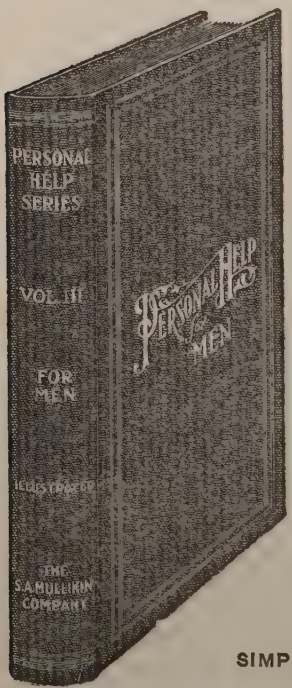

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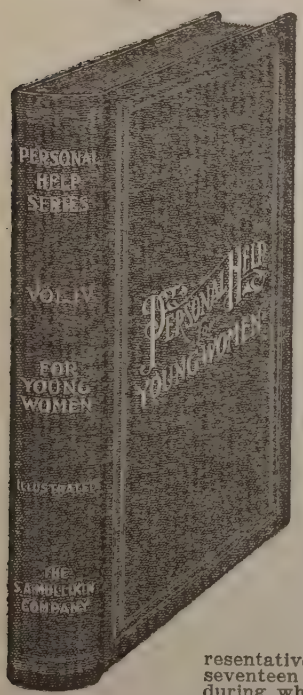

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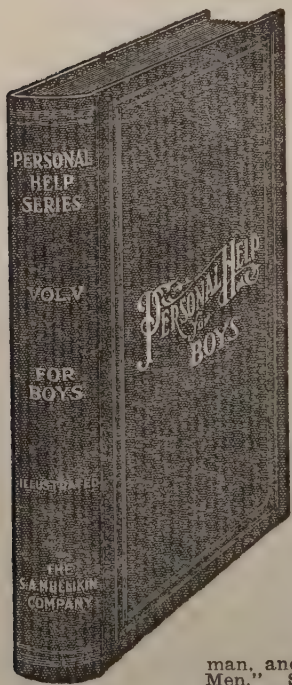

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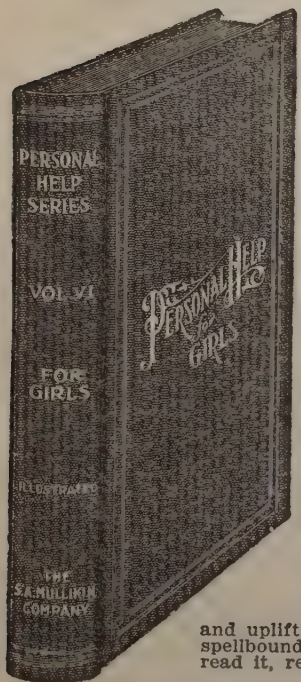

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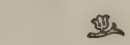

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